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**Subject:** Salads Francis  
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### **Spinach Salad:**

ingr:  
spinach (2 large hadfuls)  
eggs (2 for 2 people)  
pine nuts ( 2 tbls)  
1 oz olive olive  
1oz balsamic vinegar

Place spinach in large mixing bowl, crumble goat cheese over spinach. Add pickled red onion/ shaved red onion. Toast pinenuts in olive oil on skillet( oil almost covering nuts) untill nuts get slightly golden color. Then add about 1oz balsamic vinegar and pour it out into the salad. Cut boiled eggs and add them into the salad.

Taste:  
acidity  
sweetness  
balance acidity: sugars and fat( olive oil for example)  
salt  
Texture: leaf+ crunch (onion, pine nuts), creaminess (goat cheese)

### **Cucumber tomato salad:**

ingr:  
1/2 long cucumber ( cut "oblique") crunchy  
about 1,5 cup baby tomatoes ( cut in half) sweetness  
1/2 of a small red onion (thinly sliced) crunchy  
salt  
pepper  
1oz red wine vinegar  
2oz olive oil  
bazil

Put onions in a bowl, add salt, pepper, red wine vinegar, olive oil, tear bazil leaves ( do not chop it, as then will feel the taste of eat constantly, rather then spontaneously every other bite)  
Add cucumbers and tomatoes.  
May add some cheese ( feta, or chunks parmesan)  
Leave for at least 30 min, so it will keep marinading.

### **Lobster salad:**

ingr:  
2 lobster tales cooked, otherwise blanching lobster for 5 min with 1/2 lemon sqweesed in water and some fresh herbs. Then put in ice. Cut in relatively big slices. NB: Lobster gives sweetness!!  
celery long thing slices, blanche very quickly  
1/4 of a bowl thingly shaved fennel  
tiny bit of thingly sliced red onion  
thingly sliced scallion  
peel zest of 1 lime ( only green part of it), then squeeze juice out of it.  
roughly chopped cilantro.

Blanching: big pot of salty boiling water, ice after.

Dressing: drizzle of lemon oil, salt, then about 1,5 oz of olive oil

**Bean sprout salad:**

Blanche bean sprouts for 30 sec, ice. Drain ice, put bean sprouts on the paper towel.

3 scallions finely chopped.

Dressing:

soy sauce 1 tbsl.

sesame oil 1 tbsl.

grape seed oil ( or avocado, flaxseed...) 1 tbsl.

rice wine vinegar 2 tbsl.

Mix sprouts and scallions. Add dressing. Finish with untoasted sesame seeds. Little salt.