

English style salad recipes : harvesters salad with red cabbage and walnut salad / Tesco.

Contributors

Tesco (Firm)

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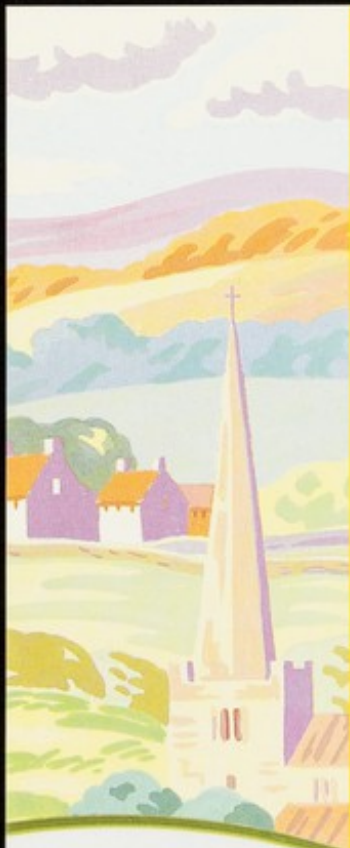
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collection**

Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



SUMMER SALADS

ENGLISH —STYLE—

SALAD RECIPES

*Harvesters Salad with
Red Cabbage and
Walnut Salad*



TESCO



ENGLISH STYLE RECIPES

This is the forth in a series of leaflets which will be available over the summer. Collect all four for a library of tasty summer food recipes designed to give you the freedom to enjoy the summer sun.

HARVESTER'S SALAD (front cover)

Serves: 4

Ingredients: 6 Pickled Onions, halved, 8 Baby Beetroot, halved, 1 Gherkin, sliced, 4 Cherry Tomatoes, halved, 1 x 15 ml sp (1 tbsp) Sunflower Oil, Salt and Ground Black Pepper, 8 slices Honey Roast Ham, 8 x 15 ml sp (8 tbsp) Tesco Sweet Pickle, English Mustard, Granary Bread.

Method: 1. Mix the onions, beetroot, gherkins, tomatoes, oil, salt and pepper together. Mix gently so the beetroot does not break up. 2. Serve the salad with ham, pickle, mustard and thick slices of granary bread.

CORONATION CHICKEN

Serves: 4

Ingredients: 454g (1lb) boneless cooked Chicken, 150 ml (1/4 pt) Tesco Mayonnaise, 2 x 5ml sp (2 tsp) Garam Masala, 1/2 x 5ml sp (1/2 tsp) Turmeric, 25g (1oz) Sultanas, 4 Apricot Halves in Natural Juice, drained and chopped and juices reserved, Salt and Ground Black Pepper, 25g (1oz) Toasted Flaked Almonds. **Method:** 1. Chop the chicken into bite sized pieces. 2. Mix together the mayonnaise, garam masala, turmeric, sultanas, apricots, salt and pepper with 2 x 15ml sp (2 tbsp) apricot juice. 3. Add the chicken and mix gently, sprinkle with the toasted almonds.



RED CABBAGE AND WALNUT SALAD (front cover)

Serves: 4

Ingredients: 440g Jar Tesco Red Cabbage, drained, 325g can Sweetcorn, drained, 1/4 Cucumber, chopped, 75g (3oz) Walnut Pieces, Salt and Ground Black Pepper, 2 x 15ml sp (2 tbsp) Walnut Oil.

Method: 1. Place all the ingredients in a large bowl and mix gently together. Delicious served with cold roast chicken or roast beef.



MINTY POTATO SALAD

Serves: 4

Ingredients: 2 x 5ml sp (2 tsp) Tesco Mint Jelly, 6 x 15ml sp (6 tbsp) Tesco Mustard and Tarragon Dressing, Salt and Ground Black Pepper, 2 x 400g cans Tesco Unpeeled Potatoes, drained.

Method: 1. Blend together the mint jelly, mustard and tarragon dressing, salt and pepper. 2. Cut any large potatoes in half. Toss in the dressing. Serve with cold roast ham.

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