



SALADS ARE AT THE HEART OF THE FARM'S CULINARY PHILOSOPHY AS THEY UTILIZE ONLY FRESH, RAW INGREDIENTS PLUCKED STRAIGHT FROM THE VEGETABLE GARDEN. AS SUCH THEIR FLAVORS AND TEXTURES ARE PURE AND UNADULTERATED; IN ADDITION, THEY CONTAIN ALL THEIR NATURAL LIVING ENZYMES WHICH ARE CRUCIAL CATALYSTS FOR EVERY BODILY FUNCTION. WE OFFER YOU A FEW IDEAS FOR SALADS IN THE NEXT COUPLE OF PAGES — BUT STRONGLY RECOMMEND YOU USE WHATEVER YOU CAN SOURCE LOCALLY THAT IS IN SEASON. THE RECIPES ARE DESIGNED FOR EXPERIMENTATION. PAGES 64 to 69 GIVE YOU SOME TASTY DRESSINGS TO MIX AND MATCH WITH.

ROMAINE HEARTS WRAPPED IN NORI SHEETS

6 SERVINGS / 68 cal per serving

INGREDIENTS

12 romaine hearts (2 pcs per serving)
2 nori sheets (1 sheet divided into 6 strips)

FOR DRESSING

6 romaine outer leaves
¼ cup pine nuts or pili nuts
¼ cup cashews, soaked
½ tsp mustard
1 tsp capers, rinsed
½ tsp kelp powder
1 tbsp apple cider vinegar
1 tbsp lemon juice
1 tsp honey
½ tsp garlic
1 tbsp olive oil
¼ cup water
1 tsp sweet chili sauce (see page 142)
sea salt and black pepper

Pulse in:

¼ cup chives, chopped
¼ cup basil, chopped
¼ cup parsley, finely chopped
¼ cup shallots, finely chopped and soaked

FOR ASSEMBLY

few spicy flax crackers (see page 127)

METHOD

Wrap the romaine hearts in nori sheets (a little water will keep the ends together).

For the dressing: process nuts, mustard, capers, kelp powder, apple cider vinegar, lemon juice, honey, garlic, 1 tbsp olive oil, water, sweet chili sauce and salt/pepper, until liquid. Pulse in the chives, basil, parsley and shallots, then add the romaine outer leaves at the end. Add a bit more olive oil, if required.

Serve the romaine wraps with the dipping sauce on a side.



PURPLE VEGETABLE SALAD

4-6 SERVINGS / 54 cal per serving



INGREDIENTS

1 cup red cabbage, shredded
 1 red beet, julienned
 2 bell peppers, julienned
 1 red onion, julienned
 ½ red radish, sliced thinly into rounds
 2 cups watermelon, cut into cubes
 ¼ cup Thai basil leaves

FOR VINAIGRETTE

½ cup balsamic vinegar
 ½ cup olive oil
 2 tbsp maple syrup
 ½ tsp salt

FOR ASSEMBLY

Selection of garden greens

METHOD

Mix the salad ingredients in a bowl, then blend the vinaigrette ingredients in a blender. To serve, put the purple salad over a bed of salad greens, then drizzle the balsamic vinaigrette over.

CRISPY VEGETABLE SALAD WITH ALMOND BUTTER SAUCE

4-6 SERVINGS / 35 cal per serving



INGREDIENTS

½ red and ½ white cabbage, shredded
 1 carrot, julienned
 ¼ cup mint
 ¼ cup cilantro
 2 cucumbers, cut in half, seeded and sliced
 2 tomatoes, sliced
 ¼ cup almonds, dehydrated and chopped

FOR ASSEMBLY

2 tbsp (per serving) almond butter sauce
 (see page 146)

METHOD

Put all the salad ingredients in a bowl and mix.

To serve, transfer to individual plates, and drizzle 2 tbsp of almond butter sauce over each.

LUMPIANG SARIWA WITH ALMOND BUTTER DRESSING

4-6 SERVINGS / 54 cal per serving



INGREDIENTS

6 rice paper rolls (available in Asian supermarkets)
 1 jicama, julienned
 1 carrot, julienned
 ½ cabbage, shredded
 1 cup mung bean sprouts
 ¼ cup spring onion, thinly sliced
 1 tsp salt
 ½ tsp black pepper
 1 tbsp olive oil
 1 tbsp shoyu
 12 lettuce leaves

FOR ASSEMBLY

50 ml (per serving) almond butter dressing (see page 67)

Lumpiang sariwa is a Filipino dish that uses a type of crêpe made from either egg or rice pastry that is stuffed with veggies, beef or pork — and served fresh or deep-fried. Naturally, The Farm has its own novel take on the traditional: Greasy peanut sauce is replaced by creamy almond butter sauce, while the mix of veggies is dehydrated for a short while to reduce moisture. Try this recipe at home for a refreshing, yet healthy, taste of the Philippines.



METHOD

In a big mixing bowl, put jicama, carrot, cabbage, bean sprouts, spring onion, salt, black pepper, olive oil and shoyu. Mix all together and dehydrate for 30 minutes to 1 hour just to reduce the liquid.

Dip the rice paper in warm water and take out immediately.

On a board, place 1 rice paper over 1 lettuce leaf, add a portion of vegetables — and roll. Repeat until all is used up. Serve with almond butter sauce on the side as a dipping sauce.

SOM TAM

4-6 SERVINGS / 35 cal per serving

Thailand's green papaya salad combines the four main tastes of Thai cuisine: sour lime, hot chili, salty fish sauce, and sweetness added by palm sugar. As the green papaya is not ripe, it has a slightly tart flavor that works well with the spice of chili and the saltiness of fish sauce, as well as the sweetness of honey. The good news continues as this salad is easy to make, is low in calories and high in fiber. It can be served alone or with other Thai-style dishes.

INGREDIENTS

3 cups green papaya, cut into long thin juliennes
 1 or 2 long beans, cut into 3 cm pieces
 2 cloves garlic
 5–10 small green or red bird's eye chilies
 2 tbsp lime juice
 1 tbsp light soy sauce (substitute with fish sauce if you prefer)
 1 tsp palm sugar or honey
 3 tomatoes, sliced into segments
 1 tbsp jungle peanuts or cashews, roasted or raw
 ½ cup carrots, shredded (optional)

FOR GARNISH

¼ cup cashew nuts, chopped
 few sprigs cilantro

METHOD

Pound the garlic and chilies in a large mortar; add the long beans and pound again lightly. Add all the other ingredients and mix all by lightly mashing in the mortar. Do not make the ingredients mushy.

When serving, top with cashews or almonds and fresh cilantro. If the salad is served as a course by itself, it may be accompanied with a selection of sliced vegetables such as cabbage, long beans, cucumbers and lettuce.

