36. Salade Spécial a la Yvonne

This looks like a lot of work when written down, but is actually quite simple to make and so flexible. Much of the preparation can be done early in the day around other chores, so that when guests arrive only the final stages are left to do. The ratio between meat and fruit/vegetables also promotes healthy eating and the object—or game—is to see how many different fruits and vegies you can include. Even grown men enjoy this meal and often comment that they find it filling. If using beef or fish, different spices and salad ingredients can be used to cater for personal preference and enhance the unique flavours of your chosen meat.

Meat Preparation Ingredients: -

Chicken Breasts/thighs, or beef strips or fish fillets

2 tablespoons Plain Flour

½ teaspoon Dried or freshly chopped parsley

½ teaspoon Rosemary, chopped

½ teaspoonOregano½ teaspoonThyme½ teaspoonSage

½ teaspoon Lemon pepper and dill (for fish only)

1/2 teaspoon Tumeric
1/2 teaspoon Cumin

1 pinch Cayenne pepper

Black pepper, to taste

Sea salt, to taste

1 tablespoon Sweet chilly sauce **OR** plum sauce

Mango, orange **OR** apple juice to taste

Olive oil

Meat Directions: -

- 1. Have enough portions of meat for everyone. Divide your choice into bite size pieces or strips. (Note: Chicken thighs have much more flavour than breasts.)
- 2. Mix together the flour, herbs and spices, including pepper and salt and place in a plastic bag large enough to also include all the meat selected and divided. If cooking fish, include some grated lemon peel and maybe a little chilli for a unique Cajun experience.
- 3. Make sure the meat pieces are well coated and gently fry (not too many at a time) in a preheated wok for a few minutes using a very little olive oil. When cooked, drain and put aside to cool until ready to use.

Vegetable & Fruit Ingredients: -

1 handful Baby spinach leaves per person

1 handful Cashews *OR* crisp noodles per person

Red & Green Capsicum Mushrooms, Tomatoes Onions—brown or red

Spring onions/shallots (whatever is available)

Bananas, Pineapple Pears, Apples

Mandarins, Oranges, Mango

Lettuce – vary with different specialty varieties (continued over)

Salade Spécial á la Yvonne - continued ...

Vegetable Directions: -

- 1. Blanch for just a couple minutes, florets of broccoli, cauliflower, thin strips of carrot zucchini and French cut beans—and anything else suitable in your refrigerator. Immediately douse in cold water to stop cooking and set aside.
- 2. Thinly slice strips of capsicum, mushrooms, onions, spring onions, etc., etc.

Note: - sliced banana, pear, apple mandarin and mango are best used with chicken. Sliced tomatoes work best with fish or beef.

Salad Building Directions: -

- 1. Lay a bed of prewashed specialty lettuces and baby spinach leaves on each plate. Add servings of all the sliced vegetables and fruit to each plate.
- 2. Reheat the wok and add the fried meat with a little sweet chilli sauce—if using tomatoes—<u>OR</u> plum sauce or fruit juice, to stop sticking during the reheating process. Mango juice is great if using mangoes with chicken. Be careful not to stir too much, as the fish especially will tend to break up.
- 3. Add servings cool of reheated chicken pieces, beef or fish strips, to each plate and top with cashews for the chicken, <u>OR</u> crisp pre-fried noodles for fish or beef. Liberally douse with Jungle Juice dressing (See below).
- 4. Serve with Turkish bread and dipping olive oil.

