

PREPARATION FOR PRACTICAL

Greek Salad & Potato Salad

Hygiene – Aprons, Hair, Hands, Surfaces

Ingredients for Greek salad

- ½ small red onion, thinly sliced
- 2 large ripe tomatoes, chopped
- ½ cucumber, deseeded and chopped
- 100g feta cheese, drained and cut into cubes
- 50g black olives, pitted and drained (preferably Kalamata olives)
- small handful fresh mint leaves
- ½ tsp dried oregano
- 2 tsp extra virgin olive oil
- 1 lemon, juiced
- sea salt and freshly ground black pepper

Ingredients for Potato salad

- 300g small new potato (cut in half)
- 2 shallots, finely chopped
- 2 tbsp mayonnaise, or to taste
- 1.5 tbsp extra-virgin olive oil
- 1 tbsp white wine vinegar
- Small handful parsley leaves, roughly chopped



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Method – Dovetail 2 x recipes

1. **Prepare ingredients**
 2. **Boil the potatoes in salted water for 20 mins until just cooked**
 3. Wash tomatoes and cucumber
 4. Peel and thinly slice onion using bridge and claw
 5. Slice cucumber into quarters using bridge and then into small pieces using claw method.
 6. Slice tomatoes in half and quarters using bridge then into small pieces using claw method.
 7. Put the onion, tomatoes and cucumber in a medium mixing bowl and season to taste. Mix with a spoon.
 6. Cut Feta into bite size cubes.
 7. Scatter the feta, olives and mint leaves on top.
 8. Sprinkle over the oregano and toss lightly.
 9. Drizzle over the oil and lemon juice.
- Plate up to serve.
10. **Drain and allow to cool**
 11. **Place potatoes in a bowl and add shallots**
 12. **Add enough mayonnaise to bind and mix in the olive oil and vinegar, add just enough to give a little sharpness to the salad.**
 13. **Stir in the finely chopped parsley and serve.**