

step by step 62 salads

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Step by Step 62 Salads

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BURAK AZİZ SÜRÜK - CENGİZ ÇAKIT

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In memory of Mustafa V. Koç...

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Foreword

Universal food mythology regards salads as feminine: green, fresh, raw and cool. Salads should never be underrated; they make perfect starters, and no table is ever complete without one. They are not the main dishes, true; all the same, I cannot envisage a salad-free meal, which makes a salad integral to the table.

Indisputably one of the healthiest and most delicious mainstays of my meal either as a starter or a main course, cool or warm, salads in my view must be prepared with a great deal of attention and care. The single most important element in the flavour is naturally the dressing: the tastier the dressing, the better the salad. I can happily summarise a salad as the crucial element on a table that complements its colour and harmony.

You will find in this book the recipes for the healthy and delicious salads prepared and served in my son Ömer's home by the young and talented chefs Burak Aziz Sürük and Cengiz Çakıt, authors of *62 Soups Step-by-Step*. Encouraged by the great acclaim that met their first title, Burak and Cengiz created this fascinating and practical book.

I was also enormously touched by their dedication of the book to my late son Mustafa V. Koç, who loved salads.

Hoping that you, too, will benefit from the recipes in this book to prepare fine meals, I wish you good appetite.

Çiğdem Simavi

1 courgette pappardelle

(serves 2 - 4)

4 julienne courgettes
5 sprigs of rocket
5 walnuts, crushed
1 lemon, juiced
3 tbsp olive oil
Black pepper
Himalayan salt

- 1 Whizz the rocket, salt, black pepper, olive oil and lemon juice in the blender to prepare the rocket pesto.
- 2 Peel the washed courgette finely like pappardelle pasta.
- 3 Blend gently with the rocket pesto preferably 10 minutes before serving.
- 4 Top with crushed walnuts and serve.



2 baked pepper salad with yogurt

(serves 2 - 4)

2 sweet red peppers, deseeded
2 sweet green peppers, deseeded
2 cloves of garlic, crushed
3 tbsp yogurt
2 tbsp olive oil
Himalayan salt

- 1 Chop the peppers into equal lengths.
- 2 Drizzle with a little olive oil, sprinkle with salt and bake for 10 minutes in a pre-heated oven at 180°C.
- 3 Blend the crushed garlic and yogurt to make the dressing.
- 4 Drizzle with the dressing when the peppers have cooled and serve.

note: Choose any variety of pepper according to taste.

