



Lesson plan for teachers

Lesson 3: How to make interesting salads



Learning intentions

- ★ To understand how to make an interesting salad
- ★ To explore the importance of texture in food
- ★ To practise knife skills
- ★ To make **Roasted squash and feta salad** and **Grilled halloumi and tabbouleh salad**

Key skills

- ★ Chopping
- ★ Roasting
- ★ Frying
- ★ Assembling
- ★ Dressing a salad

Before the lesson

- ★ Read through lesson plan and teaching tips in full
- ★ Read through recipes in full
- ★ Print one copy of each recipe per pupil
- ★ Gather ingredients and equipment needed for **Roasted squash and feta salad** and **Grilled halloumi and tabbouleh salad** recipes
- ★ Prepare ingredients (see recipe): if pressed for time, prepare and roast the squash in advance, otherwise preheat the oven to 200°C/400°F/gas 6

Running order

- 1 Welcome children to classroom
- 2 Introduce learning intentions
- 3 Recap what children know about making an interesting salad and discuss the things they should consider
- 4 Introduce texture as one of the important things to think about when creating a salad, and discuss different textures you can create in a salad
- 5 Recap and get ready to cook
- 6 Introduce squash for the **Roasted squash and feta salad** recipe, asking children what they think it might taste like and if anyone has tried it before
- 7 Wash squash, explaining that it's fine to leave skin on because it'll go soft once roasted in hot oven
- 8 Cut neck off squash, then cut base in half lengthways – show children the seeds, then get two children to scoop out and wash them, pulling off any stringy bits
- 9 Cut neck and base into manageable pieces, then get children to cut it into chunks using bridge technique and place on baking tray
- 10 Introduce different spices and pass around for children to smell
- 11 Get children to measure out spices and oil, then add to tray and toss to coat.
- 12 Place tray in the oven
- 13 Place squash seeds on baking tray and place in hot oven
- 14 Introduce bulgur wheat for **Grilled halloumi and tabbouleh salad** recipe, explaining that tabbouleh is a Middle Eastern salad made with lots of fresh herbs
- 15 Get one child to measure out the bulgur wheat and cold water, then place on hob to cook
- 16 Demonstrate how to wash and spin lettuce leaves dry for both salads, then get children to do the same
- 17 Demonstrate cross-chop technique – if confident with levels of supervision, get children to carefully cross-chop the herbs, otherwise allow children to take part in demonstration (you can also finely chop herbs using scissors)

Lesson 3 continued: How to make interesting salads



- 18 Demonstrate how to trim and slice spring onions using claw technique, then halve and chop tomatoes, using bridge technique – get children to do the same, then place everything into a mixing bowl
- 19 Introduce two different cheeses: halloumi and feta, highlighting differences between them, referring to appearance, taste and texture
- 20 Get one child to carefully slice halloumi, using claw technique
- 21 Get another child to crumble feta into a small bowl
- 22 Divide class into two groups to make a jam jar dressing for each salad
- 23 Drain bulgur wheat, then regroup to dress the **Grilled halloumi and tabbouleh salad**
- 24 Demonstrate toasting pine nuts, explaining that heating nuts brings out the oils and strengthens the taste, then set toasted seeds aside in a mixing bowl
- 25 Griddle halloumi, explaining why it doesn't melt and why you can't replace it with another cheese, then carefully transfer to a plate
- 26 Get children to assemble **Grilled halloumi and tabbouleh salad** recipe
- 27 Check squash is ready and show children how to tell if it's cooked
- 28 Demonstrate how to prepare avocado, explaining how to tell if it's ripe, showing children the stone
- 29 Get children to assemble **Roasted squash and feta salad** recipe
- 30 Sit down together to taste
- 31 Finish with discussion questions and compare different textures in each salad
- 32 Work together to tidy the kitchen

Terms and techniques

- ★ Seasoning
- ★ Toasting
- ★ Grilling

Curriculum links

Art

Textures are incredibly important when creating an interesting salad – record different textures around the school by creating simple crayon rubbings

Maths

Create a Venn diagram to compare and contrast the similarities and differences between the two salads

Your notes...



Teaching tips for teachers

Lesson 3:

How to make interesting salads



Introduction



A salad is only as good as its ingredients, and to make a truly great salad you've got to use ingredients that are at their best: ripe, seasonal and fresh.

If you think the world of salad is limited to watery iceberg lettuce and a few chopped tomatoes, shredded carrots or cucumber cubes, think again. There is an endless amount of wonderful combinations, and you can make a salad as simple or as complicated as you like. When making a salad, think about how the tastes and textures of your ingredients work together and the sort of dressing you want to use, so you end up with a delicious and exciting salad every time.

The ingredient that forms the bulk of your salad is called the base. When we think of a salad, lettuce is often the first ingredient that comes to mind. Everyone knows the basic round lettuce, with its small crunchy core and floppy leaves, and we also know red-leaf lettuce, with its red-fringed leaves, and iceberg, with its crunch and subtle flavour – these are all good ingredients, but have a look around and you'll find there are plenty of other interesting leaves out there too, which can give your salad colour, crispness, sweetness, bitterness or a peppery heat.

Don't think that you have to be restricted to lettuce for your salad base. Both of the salads we're making today use lettuce, but it's not the hero ingredient, and lots of salads don't have any lettuce in them at all. You can make beautiful salads using new potatoes, couscous, lentils, shredded cabbage or any other robust, interesting vegetables – use your imagination and you'll never get bored.

Both salads in today's lesson use Greek cheeses to add delicious flavour – they're called feta and halloumi. They're both brined cheeses, which means that they're soaked in a salty solution that gives them a bit of a tangy, salty taste. Feta is a crumbly cheese made from sheep's milk, or sometimes a mixture of sheep and goat's milk. The flavour is tangy and salty and works well with classic Greek flavours such as tomato, cucumber and red onion, or with herbs like mint. It's also delicious crumbled over the top of many different salads and can be used as a dressing. Halloumi is also made from a mixture of sheep and goat's milk. It's firm rather than crumbly in texture and is good friends with mint. It has a high melting point so it can easily be sliced and fried or grilled and is a common ingredient across Greece and throughout the Middle East.

Roasted squash and feta salad

- ★ If pressed for time, prepare and roast the squash ahead of the lesson
- ★ Wash the squash and leave the skin on – it'll soften when cooking
- ★ If the children are preparing the squash, cut it into smaller pieces first because squash is difficult to chop when it's whole
- ★ Dried chilli flakes can be spicy, so don't use too much
- ★ Be careful when toasting seeds because they burn quickly – keep a close eye on them
- ★ Show the children how to tell when an avocado is ripe: press the flesh and it should "give slightly" – explain that it should feel like pressing on the tip of your nose
- ★ If the avocados aren't ripe, don't use them – they'll ripen quicker if you put them in a brown paper bag and leave them at room temperature
- ★ Carefully show the children how to cut the avocado in half, twist to separate, then show them the stone in the middle and use a teaspoon to remove it
- ★ If you're not serving the salad straight away, squeeze some lemon juice over the avocado to stop it from turning brown.

Lesson 3 continued:

How to make interesting salads



- ★ Toss the salad gently because the avocado and roasted squash are quite soft and can break very easily

Grilled halloumi and tabbouleh salad

- ★ Cook the bulgur wheat ahead of time, or swap the bulgur for couscous
- ★ Bulgur wheat is made from wholewheat kernels that have been soaked and baked – it has a slightly nutty flavour and is often used in Eastern Mediterranean and Middle Eastern cooking.
- ★ Wholegrain couscous is made by milling and rolling freshly ground wholewheat and white couscous is made from the same semolina as pasta
- ★ You can add as many chopped herbs as you like when making Tabbouleh – in the Middle East they use so much parsley that you can hardly see the wheat!
- ★ Wash the spring onions well, because they can be gritty – you can use all of the green part of the spring onion in this salad, so don't stop after slicing the white bit
- ★ If you want your salad to taste more lemony, add some finely grated lemon zest too
- ★ Halloumi has a high melting point, which makes it perfect for grilling or frying because it holds together and stays nice and firm – if you try this with many other cheeses they'll melt everywhere
- ★ Grilling the halloumi on a griddle pan will give the cheese nice criss-cross char marks – if you don't have a griddle pan, you can use a normal frying pan instead – just don't move it around in the pan too much
- ★ Take care when toasting the pine nuts because they burn easily – if pine nuts are too expensive, you can just leave them out
- ★ Tabbouleh will last for a few days – keep it in a sealed container and store it in the fridge

Your notes...

Roasted squash and feta salad

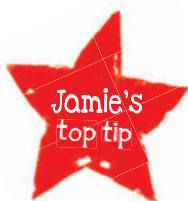


Serves 4



Equipment list

- Chopping board
- Knife
- Spoon
- Small mixing bowl
- Roasting tray (roughly 25cm x 35cm)
- Measuring spoons
- Fish slice
- Sieve
- Kitchen paper
- Baking tray
- Oven gloves
- Empty jam jar with lid
- Large mixing bowl
- Teaspoon
- Serving platter
- Serving spoons



Jamie's
top tip

This is a brilliant warm salad that uses sweet roasted butternut squash, tangy feta cheese, smooth avocado, peppery rocket leaves and toasted seeds. Replace the butternut squash with sweet potato and rocket leaves for watercress or spinach, if you prefer.

Ingredients

- 1 medium butternut squash (roughly 1kg)
- 1 teaspoon ground coriander
- 2 teaspoons ground cumin
- optional: ½ teaspoon dried chilli flakes
- olive oil
- sea salt and freshly ground black pepper
- 1 lemon
- 2 tablespoons extra virgin olive oil
- 1 ripe avocado
- 50g rocket
- 40g feta cheese

Allergy info  dairy



For nutritional information ask your teacher.



Here's how to make it

- 1** Preheat the oven to 200°C/400°F/gas 6.
- 2** On a chopping board, carefully trim the stalky end off the butternut squash, then cut in half.
- 3** Use a spoon to scoop out the seeds, then place into a small bowl.
- 4** Place the squash on its flat side, then carefully cut into 3cm chunks (there's no need to peel it).
- 5** Add the squash pieces to a 25cm x 35cm roasting tray.
- 6** Sprinkle over the ground coriander, 1 teaspoon ground cumin and the dried chilli flakes, if using.
- 7** Drizzle over 1 tablespoon olive oil, then sprinkle over a tiny pinch of salt and pepper.
- 8** Toss the squash in all the spices and oil to coat.
- 9** Roast in the hot oven for around 40 minutes, or until golden and cooked through, turning halfway with a fish slice. Meanwhile...
- 10** Tip the squash seeds into a sieve and rinse them under cold water to clean and remove the orange stringy flesh.
- 11** Shake away the excess water, then scatter the seeds onto a sheet of kitchen paper, pick out any remaining orange flesh and pat dry.
- 12** Add the seeds to a baking tray and drizzle over 1 teaspoon olive oil.
- 13** Sprinkle over 1 teaspoon ground cumin, toss to coat and spread out into a single layer.
- 14** Pop them in the oven for 5 to 6 minutes, or until golden and crisp, then carefully remove using oven gloves. Meanwhile...
- 15** Cut the lemon in half.
- 16** Squeeze half the juice into a jam jar, using your fingers to catch any pips (keep the remaining lemon for another recipe).
- 17** Add the extra virgin olive with a tiny pinch of salt and pepper.

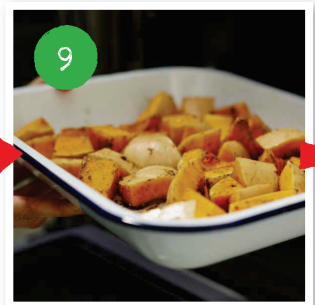
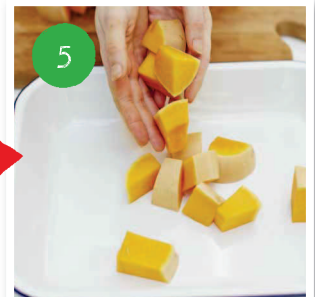
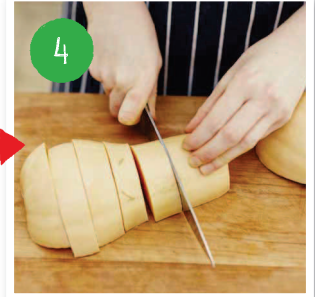
- 18** Put the lid securely on the jar and shake well.
- 19** Have a taste and see whether you think it needs a bit more lemon juice or oil – you want it to be slightly too acidic, so that it's still nice and zingy once you've dressed the salad.
- 20** Once the squash is cooked, use oven gloves to carefully remove from the oven, then add the squash to a large mixing bowl and allow to cool slightly. Meanwhile...
- 21** Carefully cut all the way around the avocado lengthways, going as deep as the stone. Hold the avocado in your hands and twist until you can pull the two halves apart, then use a teaspoon to scoop out and discard the stone.
- 22** Scoop little curls of avocado over the squash.
- 23** Add the rocket to the squash and avocado, then crumble over the feta.
- 24** Give the dressing another good shake up, then drizzle it into the bowl and gently toss together, then have a taste and tweak, if needed.
- 25** Transfer to a serving platter, sprinkle over the crispy seeds, then dig in.

Your notes...

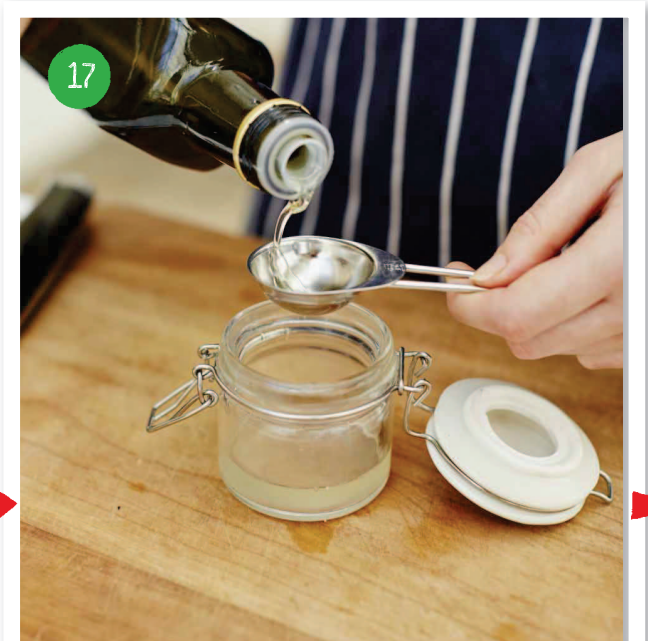




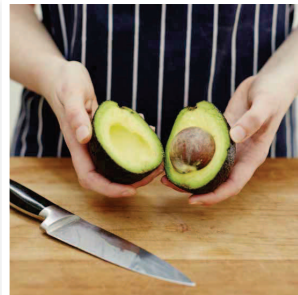
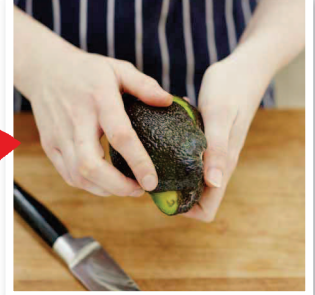
Step by step



Step by step



Step by step



Halloumi and tabbouleh salad

Serves 6



Equipment list

- Medium saucepan with lid (20cm)
- Weighing scales
- Sieve
- Salad spinner
- Chopping board
- Knife
- 2 mixing bowls
- Measuring spoons
- Griddle pan
- Small frying pan (20cm)
- Wooden spoon
- Tongs
- Fork
- Serving plates

Jamie's top tip

If you've never tried halloumi before give this a go. Its wonderful salty flavour works really well with the fresh herbs and tomato in the tabbouleh.

Ingredients

- 100g bulgur wheat
- sea salt and freshly ground black pepper
- 1 cos lettuce
- ½ a bunch of fresh mint
- 2 big bunches of fresh flat-leaf parsley
- 6 spring onions
- 3 ripe tomatoes
- 2 lemons
- extra virgin olive oil
- 1 x 200g pack halloumi cheese
- 3 tablespoons pine nuts

Jamie's top tip

Halloumi is a Cypriot cheese made from goat's or sheep's milk and you can get it from all good supermarkets.

Allergy info



wheat, gluten, dairy, nuts



For nutritional information ask your teacher.

2

Here's how to make it

- 1** Half-fill a medium saucepan with cold water, add the bulgur wheat and leave to soak for 20 minutes.

- 2** When the time's up, drain over the sink through a sieve and rinse well.

- 3** Tip the bulgur wheat back into the pan and fill it three-quarters of the way up with cold water and add a tiny pinch of salt.

- 4** Bring to the boil, pop the lid on, then reduce to a low heat for around 20 minutes, or until cooked through but still with a bit of bite, stirring occasionally. Meanwhile...

- 5** Click off the lettuce leaves, discarding any tatty outer leaves and tearing any of the larger leaves in half.

- 6** Pick and finely chop the mint and parsley leaves on a chopping board, discarding the stalks.

- 7** Trim and finely slice the spring onions, then add to a mixing bowl with the herbs.

- 8** Cut the tomatoes in half, then finely chop them and add to the bowl.

- 9** Once the bulgur wheat is cooked, drain over the sink through a sieve, steam dry for a minute, then tip into a clean mixing bowl.

- 10** Cut one of the lemons in half.

- 11** Squeeze the juice over the bulgur wheat, using your fingers to catch any pips.

- 12** Add 2 tablespoons extra virgin olive oil, season with a tiny pinch of salt and pepper and leave to one side to soak up the dressing.

- 13** Put a griddle pan on a medium heat to warm up. Meanwhile...

- 14** Cut the halloumi into 1cm slices – you should end up with 6 pieces in total.

- 15** Place a small frying pan on a medium heat and add the pine nuts – leave to toast for a few minutes, or until golden, stirring occasionally, then remove from the heat.

- 16** Once hot, carefully add the halloumi slices to the griddle pan and cook for 1 to 2 minutes on each side, or until lightly charred, using tongs to turn them over.

- 17** Tip the bowl of chopped herbs, spring onions and tomatoes into the bowl of bulgur wheat and stir together with a fork.

- 18** Have a taste of the tabbouleh to check the balance of flavours and tweak with a little more lemon juice, oil or seasoning, if you think it needs it.

- 19** Divide the lettuce between your plates, spoon over the tabbouleh and top each portion with a slice of halloumi.

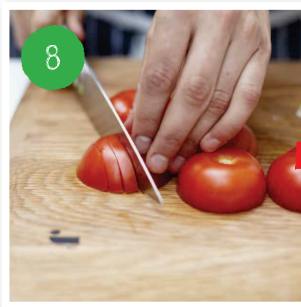
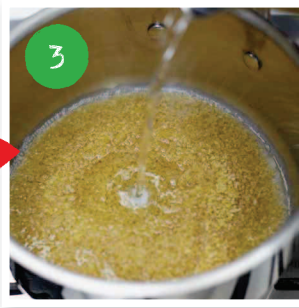
- 20** Scatter over the toasted pine nuts.

- 21** Cut the remaining lemon into wedges for squeezing over and tuck in.

Your notes...



Step by step



Step by step

