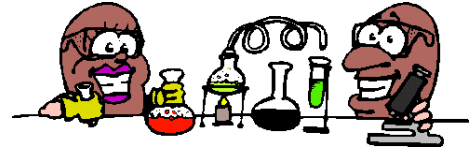


A recipe from

DAD'S COOKBOOK



Rating:



Ploughman's Lunch

Similar to recipe in "The Irish Pub Cookbook" by Margaret M. Johnson

Irish ploughmen were once the farming cadre that helped Ireland feed itself. They didn't mind eating a salad for lunch, like this one, in a pub...

*3-4 oz mixed salad greens
mustard vinaigrette*

4 oz sliced roast beef

4 oz sliced roast turkey

4 oz sliced honey ham

8 oz sliced sharp Cheddar

1 large, ripe tomato, in wedges

½ small red onion, julienned

1 carrot, peeled, julienned

1 cucumber, sliced across

8-10 olives, green & black

Tomato Chutney

Brown Soda Bread (and butter)

Divide greens between four salad plates. Drizzle with a bit of vinaigrette, then cut meats and cheese into triangles and arrange over the greens. Garnish with remaining veggies. Top with more vinaigrette and serve with chutney on the side, and slices of soda bread with butter.

Make a nice vinaigrette using balsamic and red wine vinegars, and for best presentation, use a whole-grain mustard. Look for recipes for Tomato Chutney and Brown Soda Bread elsewhere in Dad's cookbook (or on the site)...

Yield: Four nice salads

Preparation time: 15 minutes tops, even if you have to make the vinaigrette

