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Dinner: Wednesday – Saturday: 6-9:30pm

Recipes

SPINACH SALAD WITH ORANGES, BROCCOLI, CRISPY RICE NOODLES & SESAME DRESSING

Serves 4

SESAME DRESSING

Makes approximately 375ml / 1.5 cups.

- 1 tbsp minced garlic
- 2 tbsp sugar
- 2 tsp soy sauce
- 1 tbsp sesame oil
- ¼ cup grapeseed or other mild oil such as vegetable or canola (don't use olive oil)
- 3 tbsp rice vinegar
- 3 tbsp black or white sesame seeds

SALAD

- Handful of thin rice noodles, uncooked
- Vegetable oil
- Paper towels
- 8 cups fresh spinach, washed and dried
- 1 small can mandarin oranges or 2 fresh oranges
- 1 small head broccoli
- ½ cup unsalted cashews or peanuts, toasted

Dressing: Put all ingredients in jar with lid and shake well. Best if made at least 1 day in advance. Will keep for 2 weeks in fridge.

Crispy Rice Noodles: Heat vegetable oil in fry pan until wisp of smoke appears (only need about 5 cm deep oil). Take small amount of noodles and break in half; place in hot oil, taking care not to splash it on yourself. Quickly grab tongs and turn noodles over so all cook; place on paper towels to drain. Work very quickly or noodles will burn! Repeat with remaining noodles.

Broccoli: trim florets & quickly blanch in boiling water. Drain thoroughly.

Oranges: drain canned mandarins or skin & segment oranges.

To Serve: In large bowl, toss spinach, broccoli, oranges & nuts with dressing (it's ok to be generous with the dressing). Top with rice noodles.

Additions: Sliced chicken breasts, prawns, salmon or tofu are great additions to make a meal.

Super Summer Salads Head Chef: Annette Sprague Your Healthy Living Show Sunday, 13 June 2010 at 2:00pm

SOY MARINATED SMOKED TOFU with WARM INDIAN SPICED CHICKPEA SALAD with FRESH HERBS & MUSTARD DRESSING

Serves 4

SOY MARINATED SMOKED TOFU

- ½ cup soy sauce
- ¼ cup rice wine vinegar
- 1 tsp chilli oil
- 1 tbsp honey
- 2 small smoked tofu, sliced into 8 x 1 inch slices

MUSTARD DRESSING

- 1 shallot
- 2 tbsp grain mustard
- 1 tbsp honey
- ¾ cup olive oil
- ¼ cup white wine vinegar
- 1 clove garlic
- Salt & Pepper

CHICKPEA SALAD

- Two 15-ounce cans chickpeas—rinsed, drained and patted dry
- 2 tablespoons peanut oil
- 2 tsp cumin seeds
- 1 tbsp fennel seeds
- 2 tsp mustard seeds
- 1 cup cherry tomatoes, halved
- 1 red chilli, seeded and finely sliced crosswise
- ¾ cup plain whole-milk or Greek style yogurt
- 1 1/2 tablespoons fresh lemon juice
- 4 scallions, thinly sliced
- 1 cup roughly chopped cilantro or parsley
- 1 cup roughly chopped mint
- Salt & pepper

Tofu: Whisk first four ingredients in bowl. Lay tofu in single layer on baking tray. Pour marinade over and refrigerate for at least 2 hrs.

Mustard Dressing: Place all ingredients in blender and puree until smooth. Season with salt and pepper.

Cook Tofu: Drain tofu. Sear tofu in lightly oiled, non-stick pan (both sides). Cover and keep warm.

Chickepea Salad: Heat peanut oil & add seeds; cook until fragrant about 30 sec. Add chickpeas & heat through. Add yogurt & lemon juice, stir & then add tomatoes, spring onions, S&P, & herbs. Heat quickly through and remove from heat – you don't want wilted herbs!

To Serve: Place chickpeas in warm bowl, top with tofu and drizzle with mustard dressing. Top with more fresh herbs if desire.

