



Pumpkin and Feta salad Plus Vinaigrette

Pumpkin and Rocket Salad

You can add things as you go but I find this simple and effective.

½ Pumpkin
Jar Persian feta
¾ bag Rocket
¼ cup roasted pine-nuts (or more if you prefer)
2 tbsp local honey
Extra virgin olive oil
Pepper and salt

First slice and dice the pumpkin to about ¾ to one-inch pieces (skin off) and place in a bowl, toss with a few glugs of EVOO, add a large drizzle of honey and mix well. Place in a preheated 190c oven for about 20 minutes or more until slightly charred, remove and rest.

Heat a small pan and place about a tbsp of EVOO in and heat on med for about a minute, turn to low and add the pine-nuts (you can add more than ¼ cup if you wish) roast until golden, about a minute and take off, Do Not Burn! Then place on paper towels to remove some of the oil.

OK now you have the Pumpkin, pine-nuts, so put about half of the rocket on a large plate, then add the pumpkin evenly across the salad, then scoop the cheese and place with a teaspoon, then pine-nuts, then some more rocket.....

Finally, drizzle the oil from the Persian feta jar and drizzle some more honey over, then the cracked pepper.

You can make this the day before and put some cling film on it in the fridge. When serving put a little bit more rocket on it and a small drizzle of honey and cheese if you have any leftover...!

Vinaigrette

This really is a difficult one as I normally make this up as I go BUT here is the one, I made today...

½ cup Lemon* infused EVOO (York Olive Oil make a lovely one)
2 tsp Mallie Dijon mustard (no substitute for this)
Squeeze ¼ lemon
2 tbsp apple cider vinegar
1 tbsp white wine vinegar

1 tsp Malden salt
1 tsp cracked pepper
¼ cup honey

Put all the ingredients into a jar and shake well, if this is done right it should stay together and not separate. Have a taste and if it is too vinegary add some more honey and too sweet some more vinegar.

***If you can't get 'lemon infused' then add some more lemon juice**

Note: Taste is the thing, make sure it tastes right and is what your guests will like, balanced flavors and ingredient, adjust if necessary.

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