

# SALAD



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## Sallad

Tommy Myllymäki

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»When I was small a salad meant a few lettuce leaves, some sliced cucumber and a quarter tomato. Since that time salads have developed enormously and it is no longer something one dutifully sticks on the side of the main course - instead it is a dish in itself that can be exciting, filling and wonderfully tasty. I eat salad myself with every meal and I love how varied it can be. You can enjoy it as a main course for lunch, with meat or fish for dinner, or make a whole bunch of them to serve as a buffet at a party.«

To prepare a really tasty, filling salad there are some things we need to think about. It's important that we learn how best to handle leaves and vegetables, how to use dressing, mix flavours and create appetizing textures by using toppings such as croutons, nuts – well, we simply need to find out how to create a fine salad from scratch.

As with all cooking everything depends on which season we find ourselves in. In the summertime we might want an unfussy, cold salad of green leaves, whereas in winter we may fancy a warm salad with roasted carrots perhaps, or celeriac with crunchy apple and a good dressing.

*Salad* consists of around 90 recipes. Some have a base of carbohydrates, like potato or rice, others have more root vegetables or consist entirely of leaves. One chapter is devoted to classic salads, such as Caesar, Niçoise, Greek and Waldorf, and another describes all the dressings and sauces to accompany the salads.



## About the author

**Tommy Myllymäki** is one of Sweden's foremost chefs. In 2018 he will open a new restaurant on Djurgården, he is the creative director of Taverna Brillo, Sturehof, Riche and Ulriksdals Wårdshus in Stockholm. Tommy has earlier published *Kött, vilt & fågel*, *Fisk & skaldjur*, *Grönsaker och Såser*.



**BENNET AGENCY**  
SÖDER MÅLARSTRAND 21  
118 20 STOCKHOLM  
SWEDEN  
MOBILE: +46 704 67 42 70  
WWW.BENNETAGENCY.COM

