

Olive's Kitchen

Greek Style Salad - Crisp and refreshing!

Is the Greek salad the most refreshing salad of all? The best example we have had was on a roof top restaurant in Athens, looking out to the illuminated Acropolis. What made the difference was a slab of wonderful feta cheese lying on top. The Greek style salad became a standby for us once we realised how quick, refreshing and versatile it is. Normally an accompaniment, it deserves to be served as a standalone dish in its own right, along with some lovely bread.

For four people:

- 1 medium red onion in half moons
- 1 tbsp red wine vinegar
- 2 ripe medium tomatoes in wedges
- 1 medium cucumber, peeled, cubed
- ½ iceberg or cos lettuce, washed and dried, torn or chopped
- 2 to 3 tbsps olive oil
- 1 dozen black olives
- 1 tbsp oregano fresh/dried, chopped
- 200 g slab feta cheese
- salt and pepper to taste
- your favourite bread



Method:

Combine onions and vinegar in bottom of the bowl. Stir and leave for 10 minutes.

Add the tomato tomatoes, cucumber and lettuce.

Pour over the oil and toss well to combine all ingredients, including vinegar and onions.

Season with salt and pepper and oregano. Toss briefly again. Sprinkle over the olives.

Taste and adjust for flavourings. Top with the feta in one piece or several pieces.

Serve:

Make the salad while all ingredients are crisp and fresh. Serve immediately as a light lunch or as a separate course for dinner with Turkish style or crusty bread or as an accompaniment.

Equipment:

Medium sized salad bowl.

Difficulty and Time:

Not difficult (2/5). Ten to fifteen minutes to prepare.

Notes and variations:

- Add sliced green or red capsicum. Lettuce is not traditional and can be omitted.
- Use other types of vinegar.
- Far from traditional, but consider adding torn bits of lovely day old bread to the salad and toss well to coat with the dressing, adding more vinegar and oil if needed.