

# waldorf salad food recipe



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## WALDORF SALAD

Recipe adapted from Findon Primary School

### EQUIPMENT

### INGREDIENTS

- Chopping board
  - Small knife
  - Large knife
  - Large Mixing bowl
  - Measuring cup (1/4 cup)
  - Wooden spoon
  - Tea towel or paper towel
  - Platters or bowls to serve salad on
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- 4 sticks of celery
  - 2 radish
  - 3 apples
  - 3 oranges
  - ¼ cup sour cream
  - salt
  - pepper
  - Walnuts (optional)

### Method:

towel)

1. Rinse celery and radish and pat dry (with tea towel or paper towel)
2. Using the small knife, remove the skin of the orange by cutting off both ends. Stand the orange up and remove the skin by following the curve of the orange
3. Follow the membrane and cut orange into segments, collecting any juice (tip juice into the bowl). Add orange to bowl
4. Using the large knife, cut the apple into smallish pieces and place in bowl
5. Slice the celery into thin pieces and add to bowl
6. Slice the radishes, cut up smallish and add to bowl
7. Add sour cream to bowl and stir
8. Taste to see if it needs any salt and pepper. Add if needed and stir again

### Volunteer Notes:

- Step 8 (tasting for need to add salt and pepper) creates a good opportunity to discuss the importance of always tasting food and seeing what you may like to add/change to improve its taste

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