

Celtuce salad with chilli

Ingredients

20cm Celtuce, top leaves removed and stem peeled

½ mild red chilli (2 tsp chopped)

10 Mizuna leaves, washed and sliced

Additional lettuce if available (no more than 12 leaves)

4 tsp sesame oil

3 Tbl (tablespoon) white wine vinegar

1 tsp sugar

½ tsp salt

Method

1. Wash and peel celtuce stem. Wash and reserve leaves too for the salad. Slice stem into long thin strips.
2. Using gloves prepare chilli. Remove seeds first. Chop chilli into tiny pieces. Put chopped chilli into a small bowl and wash chopping board before taking off the gloves.
3. Measure the oil and vinegar and whisk in the salt and sugar.
4. Salt the sliced celtuce and leave on the side for 10 mins
5. Warm up half of the dressing and then leave on the side with the chilli mixed in and let sit for 10 mins.
6. Wash well the other lettuce leaves and mizuna, cut into smaller pieces (5cm). Spin dry the leaves before tossing in the cold dressing.
7. Add the celtuce back into the warmed part of the dressing. Let cool
8. When the celtuce is cold add back into the lettuce leaves and mix together.
9. Serve