

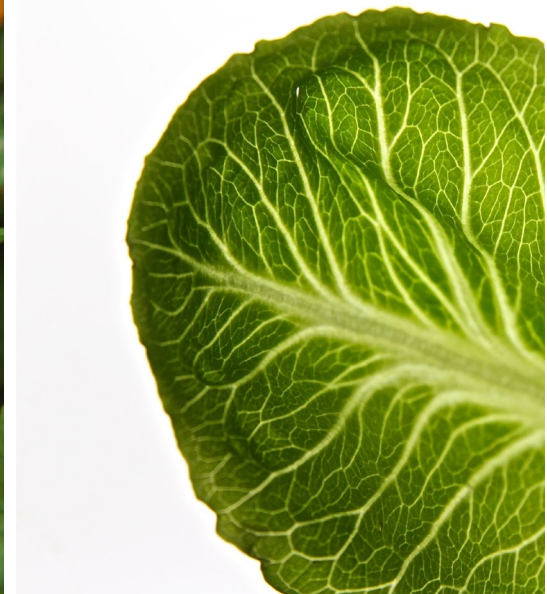
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# SUSAN STITT FOOD: *CHOPPED*

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# CHOPPED

I like my salads chopped. American style. This book opens the idea of many variations on a delicious theme. There are chopped salads for all seasons, and moods. There are no rules for flavour, only an open field for experimentation. This menu is only a few of a million ways to have these gorgeous salads.

'Chopped' is the beginning of an odyssey of salad making. I have come up with an enormous list of the most gorgeous, provocative, and tantalising flavours. Mixed with one of the many dressings, thus begins a journey into fresh new salads. Salads of the future. Fine, coarse, big, small but always - 'chopped'.

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# MENU

Shaved radish, fennel, Parmesan, lemon  
Potato, fennel, onion, pureed garlic arugula, lemon juice  
Smashed broad beans, quinoa, chicken, mint, feta  
Boiled egg, rocket, pine nut, finely chopped parsley  
Cos lettuce, lemon mayonnaise, pepper- grilled rare tuna  
Red pepper, cucumber, radish, and sour dough crumbs  
Pickled chillied cucumbers, spinach, poached egg, salt  
Lentils, watercress, toasted flaked almonds, crispy chicken  
Watercress, pine nuts, risini, sweet potato, parmesan infused oil  
Shaved zucchini, fennel, preserved lemon, quinoa  
Figs, poached chicken breast, celery salt, egg white mayonnaise  
Green and white beans, roast tomato, crushed walnuts  
Fresh tomato, feta, olive, fennel bread  
Roasted baby carrots, pine nuts, celery, parsley, cumin tahini

Roast sweet potato, pumpkin, zucchini, quinoa, basil  
Penne pasta, chicken, oregano pesto, wild rocket, green and black olives  
Maccheroni pasta, prawn, fennel, saffron oil  
Cous cous, dried fruits, nuts and seeds, coriander  
Quinoa, parsley, mint, basil, coriander, roast carrot  
Cold roast red onion, quail breast, fig, basil  
Steamed potatoes, crispy oregano, roast onions  
English spinach, crispy pancetta, pecans, dry roasted onions  
Witlof, red cabbage, radicchio, red onion, orange  
Cos lettuce, pomegranates, crushed hazelnuts, pecorino  
White cabbage, poppy seeds, grated lemon rind, truffle oil, lime zest  
Green leaves, pureed, basil, olive oil, white onion, parmesan  
Wild rocket, pear, feta, walnut, chive  
Rice noodle, mint, coriander, sweet soy, peanuts, sweet sesame mirin

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# MENU

BBQ'd pork, vermicelli, mint, peanuts, burnt pan onions, ponzu  
Cannellini beans, white onion, oregano, lemon rind, parsley  
Crushed chick peas, tomato, margoram, sweet red peppers  
Smashed chick peas, sticky soy lamb fillet, smoked feta, onion, basil, vinegar  
Chickpeas, poached chicken, sesame seeds, soy roasted eggplant, chives  
Crispy pork rind, chicken, wild rocket, pear  
Radicchio, lemon rind, fig, crushed toasted almond  
Chilled soba noodles, toasted sesame, ponzu sauce, mint  
Raw tuna, Japanese ginger, mint, coriander sesame seeds  
Discovery ash brie, shaved delicious apples, thyme, basil, almonds, wild rocket  
Organic somen noodles, toasted sesame, snow peas, coriander root, fish sauce, sesame oil  
Cinnamon cous cous, harissa, roast carrots, coriander leaf, maple, Tabasco, lemon rind

Poached chicken, shaved white cabbage, peanut mayonnaise, onions, shaved almonds,  
Israeli cous cous, thyme, basil, coriander, micro carrot leaves, sherry vinegar, poached red peppers, hazelnut oil  
Grilled zucchinis, pear, parmesan, thyme, mint oiled arugula, lemon juice, Dijon  
Butter burnt scallops, cucumber, mango, mint, basil, pine nuts, lime  
Miso poached prawns, avocado, sesame, cashews, wasabi pickled cucumbers  
Burrata, celery, tomato, sunflower seeds, chives  
Boiled chat potatoes, smoke trout, grated lemon rind, pickled onions  
Poached salmon, parmesan, boiled egg, pine nuts, flat leaf parsley  
Minted fetta, cottage cheese, raw almonds, pan grilled dried fruits, carrot, beetroot, watercress  
Shredded brussel sprouts, broccoli, flaked tuna, white onion, olive oil tortillas  
Burrata, fried cornichon, anchovy, scallion, basil, wild rocket, chive

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# MENU

Figs, Serrano ham, pan dried white onion, chicken liver pate, wild rocket, red cabbage

Tuna, avocado, lemon, almond, put lentil

Risini, radicchio, endive, parsley, truffle oil

Soft boiled egg, smoked salmon, peas, radicchio

Blue swimmer Crab, cornichon, sweet red onion, egg white, caper

Soba noodle, Japanese ginger, baby spinach coriander, sesame

Poached white fish, lime, lemon, pickled white onion, seed mustard

Lamb fillet, pecans, roast onion, aged cheddar

Celery, capers, aged cheddar, white onion

3 lettuce, roast fennel, oven dried tomatoes

Soy roasted eggplant, flame smoked tomato, white onion, parsley

Iceberg lettuce green goddess, pickled onion

Grilled vegetable's red rice macerated flat leaf parsley

Quinoa, brazil nuts micro greens, deep fried currants,

Tempura onions, roasted cauliflower, raisons

Raw tuna, japans ginger, beans sprouts, mint, coriander, wasabi drench

English spinach, grated lemon, egg yolk, crispy pancetta, burnt shallots

Parsnip, turnip, melted onion, crispy garlic, lemon, parsley

Feta, lime yoghurt, mint, crushed cashew

Crushed egg, sour cream, white onion, black caviar

Wild rocket, parmesan, green tomato, baked chillies

Red peppers, sourdough, vine-ripened tomato, smoked onion

Hickory lamb, figs, stewed onions

Sweet chilli ribboned cucumbers, lime soaked blue-eyed cod, mint shred

Shaved beetroot, brown sugared walnuts, shallots, curly endive

5 nut cous cous, greens, cinnamon, roasted garlic

Puy lentils, flaked almonds, roasted snow apples, basil

Dark rye croutons, cherry tomatoes, fried red peppers, cheddar

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# MENU

three onion, sourdough bread, pine nuts, sorrel, crispy pork rind, pepper oil  
Crispy salmon, snow pea shoots, broad beans, shaved celeriac  
Fried flat leaf parsley, lamb fillet, crispy sultanas, horseradish, walnut cream  
Steamed artichokes hearts, mustard seed, garlic chives,  
White asparagus, egg white, truffle oil, curly parsley  
Radicchio, pork sausage, white mushroom, crispy currants, white onion  
Yabbies, micro green leaves, sweet pickled onion, lemon, hens egg mayonnaise  
Shaved fennel, smoked chicken, cashews, green onions  
Leg ham, pickled onions, cheddar, celery, mustard drench  
Grated carrots, toasted slivered almonds, nuts, seeds, pan dried apricots

Rare sliced rib eye, capers, shaved brown onion, butter lettuce, oven dried small tomatoes  
Spatchcock, risini, peas, goats cheese, fried chicken skin, mesclun  
Duck breast, honeyed dandelion, crispy leeks, frisee, burnt chives  
Wild rice, roasted micro carrots, Russian garlic, witlof  
Tarragon, potato, pumpkin, kumara, tahini, minted vinegar  
Cannellini beans, grapefruit, spanish onion, feta, oregano  
Blue cheese, sugared pecans, fried basil, butter lettuce  
Shaved silver beet, crispy pancetta, feta, micro celery  
Hickory smoked tomatoes, toasted walnuts, Spanish ewes milk cheese







