

Russian Salad

Cold meat and vegetables in a lemony mayonnaise sauce.

This is a **Russian**¹ dish.

Ingredients

- 400 g potatoes
- 400 g carrots
- 150 g peas
- 1 salad onion
- 250 g cooked chicken
- 150 g ham
- 2 hens eggs
- 10 pitted olives
- 100 ml light mayonnaise
- 1 **FAIRTRADE** lemon
- 20 ml Zaytoun **FAIRTRADE** olive oil
- to taste **FAIRTRADE** freshly ground black pepper

Method

Notes

Exact quantities are not critical.

The potatoes and carrots can be cooked together, if so, start the carrots off first as they take a little longer. As the vegetables take a long time to cool it is worth cooking them well ahead of time.

Preparation

Peel the carrots and potatoes and cut into 1 cm slices. Cook in boiling water for 15 minutes until just soft. Allow to cool completely before use.

Hard boil the eggs (12 minutes), cool in cold water, peel and cut into quarters.

Skin the onion and chop small.

De-frost the peas.

Cut the chicken and ham into bite sized pieces.

Juice the lemon, discarding the peel and pith.

Assembly

Gently combine the lemon juice and oil with the mayonnaise.

Put the potatoes, carrots, peas, olives and onion into a large mixing bowl. Add the mayonnaise dressing and gently turn to coat the veggies with dressing.

Season with salt and pepper as desired.

Chill in the fridge for 30 minutes.

To serve

Make a "cairn" of salad on a serving plate and decorate with the eggs and a sprig of parsley.

Variations

This is a flexible dish, great for using up leftover food.

¹<http://www.fairtradecookbook.org.uk/countries/russia.htm>