

# Waldorf Salad

Reputedly invented in **America**<sup>1</sup> by accident when the gentlemen of the Waldorf Hotel, New York, went on a fishing trip up river, and forgot the luncheon ingredients. The salad recipe was made with what they (accidentally) had.

## Ingredients

500 g sharp red **FAIRTRADE** eating apples  
30 ml **FAIRTRADE** lemon juice  
5 ml **FAIRTRADE** caster sugar  
150 ml mayonnaise  
half a head celery  
50 g shelled **FAIRTRADE** walnuts  
lettuce leaves

## Variation

None

## Method

Wash and chop the celery.

Core the apples. Slice one apple thinly and dice the rest.

Make a dressing with the lemon juice, caster sugar and 15ml of the mayonnaise.

Dip the apple slices in this dressing and set aside.

Toss the remaining apple pieces in the rest of the dressing and let it stand for 30 minutes.

Add the celery and Walnuts to the diced apple with the rest of the mayonnaise and mix thoroughly.

Line a serving bowl with the lettuce leaves, pile in the salad mixture and garnish with the apple slices.

## To serve

Chill before serving.

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