

# Salmagundi

According to the great 18th century cookery writer Hannah Glasse a Salmagundi is a beautifully presented salad filled with 'such things as you have', making this a perfect dish for using up leftovers.

This version is made using a combination of fresh and pickled ingredients, together with some leftover roast chicken – but you could use whatever you have to hand. The key to a good Salmagundi is to chop up the ingredients quite small and arrange them in a pleasing manner, varying the colours and textures to make the salad look appetising. The distinguishing characteristic that sets Salmagundi apart from a regular salad is that the individual ingredients are kept separate from each, rather than bring mixed or tossed together as a whole.



## INGREDIENTS:

- a variety of salad leaves, such as Romaine, young spinach, watercress, etc.
- cucumber
- hard boiled eggs, at least one per person
- parsley
- pickled beetroot
- celery
- French beans, blanched and cooled
- cooked chicken breast
- anchovies
- soused herring
- pickled red cabbage
- gherkins
- nasturtium flowers
- grapes
- lemon
- oil and vinegar dressing
- salt and pepper, to taste

## METHOD:

Prepare the ingredients by cutting them into small pieces: wash and shred the lettuce, thinly slice the cucumbers, chop the whites of the eggs and then the yolks (keeping them separate) and finely chop the parsley. Dice the beetroot, slice the celery, cut the cooked beans in half, slice the chicken and snip the anchovies into 2 or 3. If using pickled vegetables, ensure that they are well drained.

To assemble the salad, arrange the salad leaves on the platter first and then alternate the other ingredients on top, piling them up in a cone or pyramid shape. The key to a good Salmagundi is to ensure that each ingredient is kept separate from the next. In one of Glasse's recipes she suggests that each ingredient is placed in a small decorative dish and arranged in circular tiers on the table, each round elevated on an inverted saucer or tea cup – however, that sounds a bit precarious! Decorate with nasturtium flowers, halved grapes and slices of lemon or a sprig of parsley and dress with a light vinaigrette at the last moment.