

Kachumar Salad



Recipe Rating	
Total Time	20 Minutes
Cooking Time	None
Total Labour	20 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board
Spoon/Spatula
Mixing Bowl or Pan

Nutrition Facts	
Valeur nutritive	
Per 1 serv (61g) / par 1 serv (61g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 10	
Fat / Lipides 0g	0%
Saturated / satures 0g	
+ Trans / trans 0g	0%
Cholesterol / Cholesterol 0mg	
Sodium / Sodium 60mg	3%
Carbohydrate / Glucides 2g	1%
Fibre / Fibres less than 1g	3%
Sugars / Sucres 1g	
Protein / Proteines less than 1g	
Vitamin A / Vitamine A	1%
Vitamin C / Vitamine C	15%
Calcium / Calcium	0%
Iron / Fer	2%

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	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
English Cucumber, Fresh, Diced	500 gm	1.1 Lbs	1 Kg	2.2 Lbs
Tomatoes, Fresh, Roma, Diced	500 gm	1.1 Lbs	1 Kg	2.2 Lbs
Onions, Fresh, Diced	100 gm	3.5 oz	200 gm	7 oz
Parsley, Fresh, Finely Chopped	50 gm	1.8 oz	100 gm	3.6 oz
Iceberg Lettuce, Shredded	250 gm	8.8 oz	500 gm	1.1 Lbs
Lemon Juice	125 mL	4.2 fl oz	250 mL	8.4fl oz
White Pepper	2 mL	0.4 tsp	4 mL	0.8 tsp
Salt	5 mL	1 tsp	10 mL	2 tsp

Method



1. Wash tomatoes and parsley. Peel English cucumbers and onions. Uniformly dice English cucumbers, tomatoes and onions. Shred iceberg lettuce. Finely chop parsley.



2. In a large bowl, combine all ingredients and mix gently with a spatula.



3. Serve a 60gm portion in a side dish or on a plate with an accompanying dish.

Serve Cold.



4. **Bulk:** Portion into service dishes or leave in bulk for dining room service.

Cold Plating: plate alone or as a side dish. Place on the cold side of the tray prior to service.

Garnish: **Finely chopped herbs**

Food Accompany: **Any appropriate entrée**