

CHEF CATHY
RECIPE SERIES || EDITION 1

LIFE ON A SALAD

OMPELEGE MOREOSELE

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Salads are often viewed as that extra, thoughtless combination of fruits or vegetables that accompanies the stars of the plate, but I beg to differ.

After spending 2 years putting together these salad recipes and putting them to the test I present to you, My Life on A Salad. Your braais, baby showers, weddings, picnics and every other event menu that you will put together will never be the same.

The salad and salad dressing recipes in here are doable, packed with flavour and the ingredients are accessible. You'll be able to have your salad as a filling main dish, an accompaniment or dessert.

Whatever your preference, I've catered for you.

Enjoy!

WITH LOVE, CHEF CATHY

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LIFE
ON A
SALAD

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To all the dreamers and those with deffered dreams.

You're not late and this is not denial, it is just an
incubation period. Hang in there!



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Chef's Tricks & Tips

1. Always wash your hands before you handle your salad ingredients.
2. It's never too late for a salad.
3. Serve your salads at room temperature or chilled temperatures at all times.
4. Salads can be the best way to control your diet.
5. You can dress up your salads in any way you desire, but be WISE when choosing the dressing.
6. Always wash your vegetables and fruits before you use them with cold running tap water.
7. Everyone loves garlic in salads and vinaigrettes but raw garlic can ruin the salad and dressing by overpowering every ingredient.
 - Rubbing the garlic clove in bowl is the best thing that you can do for an enjoyable background reminder of garlic in your salad and dressing.
8. Always Season your greens.



INGREDIENT LIST

SALAD GREENS	RAW VEGETABLES	PROTEIN FOODS	FRUITS
Iceberg lettuce Dandelion greens Romaine lettuce Watercress Arugula Radicchio Mesclun mix Escarole Chicory or curly endive Micro greens Belgian endive Sprouts Chinese cabbage celery cabbage Edible flowers Spinach	Avocado Carrots Onions scallions Cauliflower Peppers, (red, green, and yellow) Celery Radishes celery root Tomatoes Cucumbers Broccoli Cabbage, white, green, and red	Beef Ham Bacon chicken breasts Eggs, hard-cooked Tuna Shrimp Salmon Prawns Feta cheese Blue cheese Cheeder cheese Gouda cheese Parmesan prosciutto	Apples Nectarines Mangoes Apricots Plums Cherries Kiwi fruit Melons Pomegranates Figs Oranges Pear Grapefruit Papayas Raisins Grapes Peaches Mixed berries
OTHERS		STARCHES	
Nuts, Vinegars , Olive oils, Salts, Spices , Cloves, Seeds, Dried herbs, Tomato sauce, Pickles, Balsamic vinegar, Rice vinegar, Red wine vinegar, Cider vinegar, Juices (raspberry, pomegranates, Lemon, lime, or orange), Olive oil, Canola oil, Safflower oil, Vegetable oil, Herbs, Spices, Finely-minced shallots, Finely-minced garlic Dijon mustard		Dried beans (cooked or canned) Macaroni products Lentils Croutons Potatoes Grains	



INTRODUCTION

Life on a salad is a recipe book that was written and compiled by Ompelege Moreosele, who goes by the name CHEF CATHY in the kitchen. She is a Culinary Arts graduate who is not only validated by her Academic qualifications, but by her love and passion for the art of food as well.

After realising that salads are often considered to be boring and only for individuals who wish to lose weight, Chef Cathy set out to break the myth with this collection of unique salad ingredients and dressings. With a little effort and love, salads can be an exciting way of getting in your daily intake of meats and fries.

The salads dressing and recipes in this book are packed with flavor, taste and are fun to make. The ingredients are widely available in Botswana and can be served as accompaniments to a meal, a main dish, a dessert or as starters in a buffet. Your birthday parties, bridal showers and functions in general will be interesting now. Gone are the days of serving the same old predictable salads.







The information you find in this book earned its place on helping me to become a better cook for the past two years. I want to believe that as much as it helped me, it will also help you to become a better cook. This book is primarily for sharing with family, friends, students, chefs, caterers, menu designers, kitchen assistants and restaurants owners. The friendly, homemade salads and salad dressing recipes will go a long way.

It is bound to inspire family dinner salads, party salads, lunch salads, breakfast salads, functions salads and also exam salads because some of the salads in this book are the salads that I made during my cold kitchen exams at schools, that's why this book is suitable for students doing home economics, food and nutrition and culinary arts for their exam side dishes.

Salads found in Life on a salad by Chef Cathy are mostly a combination of cold or warm ingredients, largely based on vegetables and mostly green leaves, fruits, meats, seafood, poultry, eggs, cheese, grains, beans and other ingredients.

The dressings are home made, no colorants and preservatives added. Only seasoned liquid or semiliquid with acidity which are vinegars, mayonnaise, oils, sauces, spices and herbs were used. All the dressings match with the salad ingredients. It's your choice to dress your salad at service time as for green salads or mixed with the salad ahead of time.



MOSUTLHANE SALADS



MOSUTLHANE & BUTTERNUT

Prep time: 45 mins. Yield: 4

INGREDIENTS

1 1/2 cup of mosuthane cooked
in broth
2L vegetable broth
1 tablespoon olive oil
1 teaspoon salt
1 tablespoon pomegranate seeds
1 tablespoon red onion sliced
1 tablespoon chopped cucumber
1 cup roasted butternut

BUTTERNUT INGREDIENTS:

1 teaspoon honey
1/2 teaspoon mixed spice
1/2 teaspoon cumin

TO SERVE:

Spoon mosutlhane on the bowl, then top it
with butternut, sprinkle cucumber, onion slices,
pomegranate seeds and pepper. Drizzle salad
dressing over the salad and mix through.
Enjoy it bare or with any meat of
your choice.

METHOD:

1. In a bowl wash mosutlhane with cold tap water
2. In a medium saucepan put broth, oil, salt and bring it to boil
3. Place mosutlhane, cover with lid and reduce the heat and let it simmer for 50-60 minutes.
4. Be careful not to overcook or it will be mushy for salad. Once it's light and fluffy, set aside and let it cool.
5. For roasted butternut: preheat the oven at 280. In a bowl marinate the butternut diced with honey, oil, pepper and spices. Put in baking sheet and bake for 30 minutes until tender and brown

LEMON DRESSING (OIL FREE)

1 teaspoon honey
1/2 tablespoon whole grain of mustard
Salt and pepper to taste
1/2 cup fresh lemon juice
Hand full of mixed fresh herbs finely chopped
In a jar combine all ingredients, put a lid
tighter and shake well. Let the dressing rest for
a few hours to allow flavors to blend.



ASPARAGUS & CARROT MOSUTLHANE SALAD

Prep time: 45 mins Yield: 4

INGREDIENTS:

300g mosuthane boiled on vegetable stock
1000ml vegetable stock, boiling
200 g asparagus
30 ml olive oil
30 ml butter
20 ml vegetable spice
200 g baby carrots
100 g fresh mixed rockets

TO SERVE:

Arrange on top of mosuthane.
Top with mixed rocket and toss very gently.
Drizzle with honey and mustard dressing or
any dressing of your choice.
Serve warm as a side dish.

METHOD:

1. In a bowl wash mosutlhane with cold tap water, in a medium saucepan put vegetable stock, oil, salt and bring it to boil. Place mosutlhane, cover with lid and reduce the heat, let it simmer for 50-60 minutes. Be careful not to overcook it or it will become too mushy for salad.
2. When it's light and fluffy set aside and let it cool and spoon into a salad bowl.
3. Meanwhile heat the oil and half of butter in large frying pan and add the vegetable spice.
4. Cook, stirring for 1 minute.
5. Add the baby carrots and cook for two – three minutes. Add the asparagus and stir for more minutes.



ROASTED CHICKEN & VEGETABLE MOSUTLHANE SALAD

Prep time: 1hour 30 min Yield: 4

SALAD INGREDIENTS

2 cups mosutlhane, rinsed and cooked in garlic salted water
100 g Roasted exotic cherry tomatoes
100g roasted robot's peppers
(Red, yellow and green)
2 tablespoons olive oil
100 g roasted chicken breast, medium cubes
¼ cup grated cheddar cheese
1 tablespoons grated Parmesan cheese

1 small red onion roasted
Half of baby cucumber
½ teaspoon balsamic vinegar
½ teaspoon soy sauce
½ teaspoon Worcestershire sauce
¼ garlic powder
½ teaspoon sweet chilli sauce
1 teaspoon vegetable spice

LEMON DRESSING

2 tablespoons olive oil
2 tablespoons lemon juice
Freshly ground black pepper, to taste
¼ teaspoon red pepper flakes
¼ teaspoon fine grain sea salt
1 clove garlic, minced
1 tablespoon honey (optional)

METHOD:

1. First, cook the mosutlhane in garlic and salted water for about 55 – 60 minutes. Cook until the sorghum is nicely tender and fluffy but still has some chew to it, be careful not to overcook it.
2. To roast the exotic cherry tomatoes, chicken breast, red onion, red, green & yellow pepper and cucumber. Preheat oven to 280 degrees Celsius. Line a small, baking sheet with parchment paper for easy clean-up. Chop and slice vegetables into preferred shapes, Toss the whole vegetable and chicken breast cubes with olive oil, vegetable spice, garlic powder, soy sauce, balsamic vinegar, sweet chilli sauce, salt. Roast until the vegetables are soft, about 15 minutes.
3. To make the dressing whisk together all the dressing ingredients in a medium bowl the olive oil, lemon juice, red pepper flakes, salt and pepper until emulsified.
4. Once the mosutlhane is done cooking, Drain off any excess water and pour the cooked mosutlhane into a serving bowl. Pour in all of the dressing, all of the vegetables and chicken and their juices, the cheddar and Parmesan. Toss well and serve.



MOSUTLHANE & EGG SALAD

Prep time: 15 min Yield: 4

SALAD INGREDIENTS		DRESSING INGREDIENTS
500 g cooked mosutlhane in salted water	150 g cherry tomatoes	40 ml olive oil
4 large eggs boiled	1 baby carrots, shredded	40 ml canola oil
150 g cherry tomatoes/ exotic tomatoes	4 red radishes, thinly sliced	60 ml lemon juice
15 ml olive oil	1 baby marrow, shredded	20 ml honey
2 cloves of garlic, crushed	30 g red peppers slice	30 ml fresh mixed herbs, finely chopped
100 g cucumber slices into ribbon	15 g fresh parsley, finely chopped	Pinch of salt and ground black pepper

METHOD:

1. Place mosutlhane in a saucepan. Add the water and a pinch of salt. Bring to the boil and simmer with the lid on. Cook for 60 minutes until the water has evaporated and mosutlhane is soft and fluffy. Put Mosutlhane in a bowl to cool.
2. In a separate saucepan, cover the eggs with cold water and bring to the boil. Simmer for 7–12 minutes until soft or medium, depending on your preference. Place in ice-cold water for 10 minutes, then gently peel and cut them in half.
3. Spoon mosutlhane in a serving bowl of your choice. Heat the oil and sauté the garlic for 30 seconds until fragrant. Add the carrots and baby marrow strips toss for 2 minutes, remove to a bowl then add the cucumber ribbons, sliced radishes, red peppers and cherry tomatoes and gently toss. Sprinkle all tossed vegetables on top of spooned mosutlhane and top with the halved eggs.
4. To make the dressing: in a jar mix the dressing ingredients together on a tight lid and shake until well combined. Drizzle over the salad and enjoy with the roast of your choice.

HERBED MOSUTLHANE & FETA CHEESE

Prep time: 45 mins Yield: 4

INGREDIENTS:

1 ½ cup cooked mosuthane cooked on
salted water
1 disks of feta cheese, crumbled
1 small red onion, finely sliced
½ cup grilled sweetcorn
8 exotic tomatoes for colour

DRESSING:

1 teaspoon whole grain mustard
1 cup lemon juice
1 teaspoon honey
1 cup of finely fresh mixed herbs, mint, dill
and parsley
Pinch of salt
Pinch of pepper

METHOD:

- 1 Toss together collected salad ingredients except for salad dressing in a salad bowl
- 2 In a jar, shake all dressing ingredients together to mix well
- 3 Rest the dressing for few hours for flavors to blend well
- 4 Pour the salad dressing over the salad and toss through
- 5 Enjoy with any roast of your choice

BEANS, PEAS & LENTILS SALADS





LETLHODI / LENTILS SALAD

Prep time: 45 min Yield: 4

INGREDIENTS

1 Cup of letlhodi/lentils you can use green or brown
1 1/2 tablespoon of cubed yellow peppers
1 1/2 tablespoon chopped red onion
5 large cherry tomatoes halved
2 babe spinach leaves
2 rocket leaves
1 teaspoon chopped parsley
2 chard leaves
6 cups of vegetable stock liquid
Pinch of salt and black pepper optional to correct seasoning

DRESSING

1 clove of garlic, minced
1 tablespoon honey
3 tablespoon canola oil
1/2 teaspoon dried mixed herbs
1 1/2 tablespoon apple cider vinegar

METHOD:

1. In a jar combine all dressing ingredients, put a lid on tighter and shake well. Let the dressing rest few hours for flavours to blend well. The dressing can be kept for 1-2 weeks in a refrigerator. Also shake well before use.
2. In a small bowl wash lentils with cold tap water. Bring the vegetable stock to boil add lentils and let it boil for about 10-12 minutes. Be careful to not overcook it coz it will be mash for salad. Drain the remaining stock and set lentils aside to cool.
3. In a serving plate or bowl spoon lentils in, on top of lentils sprinkle yellow peppers cubes, halved cherry tomatoes, red onion on the plate sides arrange or put according your desire, chard, baby spinach, rocket and dill.
4. Scramble feta cheese on top. Shake salad dressing. Dress the salad and mix well. Enjoy!



BLACK EYED BEANS SWEET CORN SALAD WITH TOMATOES, RED PEPPER & RED ONION

Prep time: 25 min Yield: 4

INGREDIENTS

1 ½ cup black-eyed peas cooked, drained
½ teaspoon chile diced small,
1 ½ cup canned sweetcorn
2 tablespoons small diced red pepper
30 g red onion sliced
Hand full of fresh cilantro
1 cup cherry tomatoes halves
Fresh Ground Pepper and salt to taste
50 g Cucumber sticks
Dill for garnishing

DRESSING

3 Tablespoon red wine vinegar
2 Tablespoon olive Oil
1/2 teaspoon dijon Mustard
2 cloves of garlic, minced
½ teaspoon salt to taste
1 tablespoon mixed dried herbs
(Oregano, parsley, thyme)
1 teaspoon sweet paprika

METHOD:

1. In a large salad mixing bowl, add the black eyed, green chills, corn, red bell pepper, onion, tomato, fresh ground pepper and fresh herbs. Set aside.
2. In a jar add the vinegar, oil, mustard, garlic, salt, dried herbs and paprika. Put the lid on tight and Shake well until everything is mixed well. Let it rest for about 30 minutes for flavors to blend.
3. Pour dressing over the salad and mix well, serve in a salad plate, put the cucumber sticks on the plate corner and garnish with dill.

MIXED BLACK EYE & RED KIDNEY BEAN SALAD

Prep time: 25 min Yield: 4

INGREDIENTS

1 1/2 cup of black-eyed beans, cooked,
rinsed and drained
1 1/2 cup red kidney beans, rinsed and
drained
1 cup cooked yellow corn
1 cup green bell pepper, diced
1 medium jalapeno pepper, seeded
and diced
1 cup green onions, sliced
1/4 cup fresh cilantro, chopped
1 avocado sliced

DRESSING

1 teaspoon lime zest
1/2 cup of fresh lime juice
1/2 cup olive oil, extra virgin
1/2 teaspoon sea salt
1 teaspoon chili powder
1/2 teaspoon cumin
1 teaspoon brown sugar

METHOD:

1. In a bowl combine red kidney beans, black eyed beans, corn, both peppers, onions, avocado, and cilantro.
2. In a jar add lime zest, fresh lime juice, olive oil, sea salt, cumin, and brown sugar. Put the lid on tight and Shake well until everything is mixed well.
3. Let it rest for about 30 minutes for flavors to blend. Pour over to the salad and mix well and serve.



CHICK PEA SALAD

Prep time: 15 min Yield: 4

INGREDIENTS

2 cups diced cucumbers

1 cup diced, seeded tomato

½ cup diced red onion

2 tablespoons fresh lemon juice

2 tablespoon minced fresh parsley

1 tablespoon extra-virgin olive oil

1/2 teaspoon kosher salt and pepper, to taste

2 cups of chickpeas, rinsed and drained

¼ cup of black olives

½ cup red pepper

½ cup cooked sugar snap peas, small diced

METHOD:

1. Combine all the ingredients together, toss well and enjoy.



GREEN BEANS & PLUM SALAD

Prep time: 45 min Yield: 4

INGREDIENTS

1/2 cup olive oil

1 medium red onion, thinly sliced

4 firm-ripe plum fruits, sliced

1 tablespoon finely chopped dill

2 tablespoons balsamic vinegar

Kosher salt and freshly ground black pepper, to taste

500g green beans, trimmed

2 disks of feta cheese, crumbled

50 g salad sprinkles

METHOD:

1. In a medium frying pan pour little bit of oil and heat for few seconds add onion, plum slices and dill and toss for seconds till soft. Whisk remaining oil with vinegar, salt, and pepper in a large bowl and set aside.
2. In a saucepan bring salted water to a boil; add beans and cook until crisp-tender, 1-2 minutes. Transfer to a bowl of ice water until chilled. Drain, add to plum mixture and toss to combine. Sprinkle the feta cheese and salad sprinkle on top. dress the salad and enjoy.



ROASTED VEGETABLE LENTIL SALAD

Prep time: 45 min Yield: 4

INGREDIENTS

1 white onion, sliced
4 carrots, chopped
2 zucchinis, chopped in large chunks
1 medium sweet potato, cubed
1 tablespoon each fresh rosemary
and thyme
1 cup uncooked green or brown lentils
2 1/4 cups vegetable broth or water
4 tablespoon of sesame seeds
2 tablespoons balsamic vinegar
2 tablespoon pure maple syrup or
raw honey
salt and pepper to taste

METHOD:

1. Pre-heat oven to 180 degrees celsius.
2. Chop all the veggies, add all the chopped veggies to a large bowl and toss with the oil and spices and spread on baking trays. sprinkle over the rosemary and thyme. Add a pinch of salt and pepper as well. Roast the veggies in the oven for 35-40 minutes until tender and browned.
3. While the veggies are roasting, add the dry lentils and vegetable broth to a pot. Bring to a boil on the stovetop then cover and reduce heat to a light simmer. Cook for 20-25 minutes until the lentils are tender. Check them around 15-20 minutes to see if you may need to add a little extra water.
4. Once the veggies and lentils are cooked, add everything to a large bowl and toss with the balsamic vinegar, maple syrup and seeds. Season with salt and pepper and serve right away.

GREEN BEANS & EXOTIC TOMATOES

Prep Time: 45 mins. Yield: 4

INGREDIENTS

2 cups of fresh green beans trimmed
and cut in half
1 ½ cups exotic cherry tomatoes, halved
1/4 cup minced red onion
1/2 cup dried cranberry and raisins
2 cups babe leave rocket
10 fresh mozzarella balls, halved
1/2 cup toasted pine nuts or any nuts

DRESSING

1/4 cup extra virgin olive oil
2 tablespoons balsamic vinegar
2 tablespoons lemon juice
1 teaspoon lemon zest
1 teaspoon Dijon mustard
1 teaspoon honey
2 tablespoons minced fresh basil
1/2 teaspoon salt,
½ teaspoon pepper
½ teaspoon garlic powder

METHOD:

1. Add all of the Dressing ingredients to a jar and shake vigorously together. Refrigerate dressing until ready to use. For flavors to blend well. Bring a sauce pot of water to a boil and stir in two tablespoon salt.
2. Add the green beans and cook until tender crisp, transfer beans to cold water to stop cooking.
Drain the beans and pat very dry. Transfer to a large salad bowl.
3. Combine green beans with tomatoes, red onion, dried raisins and cranberry. Drizzle with some of the dressing, cover and chill for 30 minutes.
4. When ready to serve, toss with babe leaves rocket, mozzarella, roasted pine nuts and dressing. Season with freshly cracked salt and pepper to taste and enjoy.

SAMP SALADS



INGREDIENTS

2 cups of uncooked samp
salt to taste
1 cup of baby tomatoes, halved
1 purple onion, finely diced
One hand full of fresh herbs mint and
coriander, finely chopped
½ cup red pepper, chopped
½ cup yellow pepper, chopped
½ cup cucumber, cubed
2 disks of feta, cubed
1 cup black olives, pitted and sliced
zest of one lemon
salt and freshly ground black pepper
to taste

DRESSING

½ cup of olive oil
¼ cup white wine vinegar
1 small clove of garlic, crushed
1 teaspoon mild mustard
½ teaspoon sugar
Hand full of mixed fresh herbs of your choice
salt and freshly ground black pepper to taste

SAMP SALAD

Prep time: 70 mins. Yield: 4

METHOD:

1. Soak samp overnight and rinse samp. In a sauce pan cover the samp with water and season with salt. Cover and let it boil and reduce the heat to let it simmer until the samp is fluffy and soft. Drain and rinse and let it aside.
2. Spoon samp into a large salad or mixing bowl, and leave to cool.
3. Whisk all the dressing ingredients together.
4. Add the remaining salad ingredients to the cooled samp and toss through. Drizzle over two-thirds of the dressing, seasoning to taste. Refrigerate until needed and serve with remaining dressing.

CHICKEN SAMP SALAD

Prep time: 60 mins. Yield: 4

INGREDIENTS

2 cups of Cooked white samp
1/2 cup cucumber, cube
1/2 cup exotic cherry tomatoes
1/4 cup black olives halved
2 disks of Feta cheese- crumbled
2 grilled chicken breast, striped
Salt and Pepper to season

METHOD:

1. Soak samp overnight and rinse samp. In a sauce pan cover the samp with water and season with salt. Cover and let it boil and reduce the heat to let it simmer until the samp is fluffy and soft. Drain and rinse and leave it aside.
2. In a large bowl spoon your samp with cucumber, cherry tomatoes, olives and chicken together.
3. Crumble the feta cheese and sprinkle on top of the salad, drizzle with vinaigrette dressing before serving. Enjoy!

TUNA SAMP SALAD

Prep time: 60mins. Yield: 4

INGREDIENTS

Two 6-ounce cans white meat tuna
packed in water, drained
2 tablespoons minced celery
2 tablespoons minced red onion
1 teaspoon minced fresh parsley
1/3 cup mayonnaise
1 tablespoon whole-grain mustard
Freshly ground black pepper
2 cups of Cooked white samp
1/2 cup cucumber, cube
1/2 cup exotic cherry tomatoes
1/4 cup black olives halved
1/4 cup of parmesan cheese
Salt and Pepper to season

METHOD:

1. Soak samp overnight and rinse samp. In a sauce pan cover the samp with water and season with salt. Cover and let it boil and reduce the heat to let it simmer until the samp is fluffy and soft. Drain and rinse and let it aside.
2. In a small mixing bowl break up the tuna with a fork. Toss with the celery, onion and parsley. Add the mayonnaise, mustard and season with pepper, to taste. Stir to combine.
3. In a large bowl spoon your samp with cucumber, cherry tomatoes, olives, cheese and tuna mixture.
4. Mix everything together and enjoy.