

# DAIRY @ EYES

COVER STORY

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## Salads — the Taste of Summer

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Instead of letting salad wilt in a supporting role at mealtime, why not let it star as the main course? With summer's abundance of greens and fresh herbs as a backdrop, assorted meats, cheeses and fish give a protein boost that turns a salad into a substantial meal.

Hard-cooked eggs, cubed cheese and cold cuts are used for something a little more unusual, try toasting one of these trendy salads. Here, three takes on main-dish salads: "This is the great combination," says chef Larry Kolar, "which is what everyone wants to do, especially at lunchtime." Kolar says, "You can still have that you'll be using in the salad, marinating it first in some garlic oil and Champagne vinegar, Kolar says. You can't find vases and you like planning, cook some and toss them in. You also can mix in chopped cucumbers, Kolar says.

Nicole Zanghi, executive chef at the three Merchan't N.Y. restaurants, which feature eclectic American cuisine, served cold salads on the menu.

"The base layer is a ratouille," Zanghi says. "We then put our goat cheese and olive oil, and a bread crumb mixture, it is served with mesclun and garlic toast." "I'm very goth," Zanghi says, although he particularly likes one from Vermont.

"This dish is not too heavy, so it is very popular with late lunch in the middle of the afternoon," he says. "It also makes a very nice after-theater meal." Zanghi says, "I like to use goat cheese for my other David Cunningham prepares a traditional Cobb salad, but instead of layering chicken with the lettuce, avocado, cheese, bacon and tomatoes, he uses chicken, cheese, avocado and tomatoes. "It's an interesting twist on an American classic," says Cunningham, who has put it on the menu at his "New American" restaurant on Third Ave. in Manhattan. "I was looking through an old cookbook of classic American dishes and saw a Cobb salad. Since I wanted to do something cold with lobster for the summer menu, I developed this into a full main course."

Lobster Cobb Salad  
Serves 4  
From David Cunningham at Lenox Room

- 1/4 cup sherry vinegar
- 2 tablespoons brown sugar
- 1 tablespoon Dijon mustard
- 3 tablespoons Worcestershire sauce
- 1/4 cup corn or enoki oil

For the dressing:  
1/4 cup sherry vinegar  
2 tablespoons brown sugar  
1 tablespoon Dijon mustard  
3 tablespoons Worcestershire sauce  
1/4 cup corn or enoki oil



PHOTO: CARROLL O'NEIL

Inventive recipes catapult a sideline performer into the center of the action

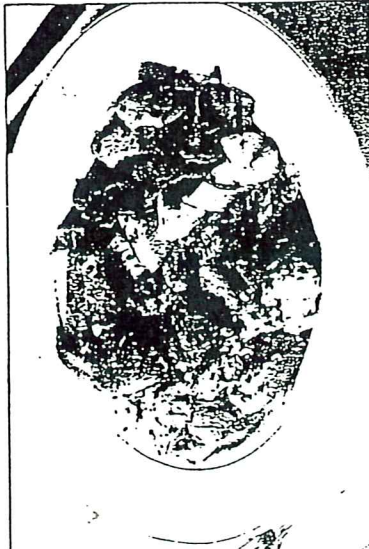


PHOTO: CARROLL O'NEIL

LOBSTER COBB SALAD is layered with lettuce, avocado, cheese, bacon and tomatoes, making it a perfect luncheon meal.

### SUPER-QUICK SALADS

If you're in a hurry, you can turn a salad into a main course by adding one or a combination of these ingredients: Chopped or quartered hard-boiled eggs, chopped walnuts or pecans, topped with chopped scallions, cooked peabantons, marinated cold roast beef with capers, cold coleslaw fish with cold coleslaw, walnuts with soft cream cheese or Roquefort cheese and apple slices.



PHOTO: CARROLL O'NEIL

To assemble, place ratouille on the bottom of a ring mold or small can (top and bottom can be used). Layer with chicken, garnish with mesclun and garlic toast.

- 1 cup diced, seeded plum tomato
- 2 cups diced zucchini
- 2 cups diced yellow summer squash
- 1 head romaine
- 1 head asparagus
- 2 tablespoons chopped fresh oregano
- 2 tablespoons chopped fresh parsley
- 1/2 cup black olives, pitted

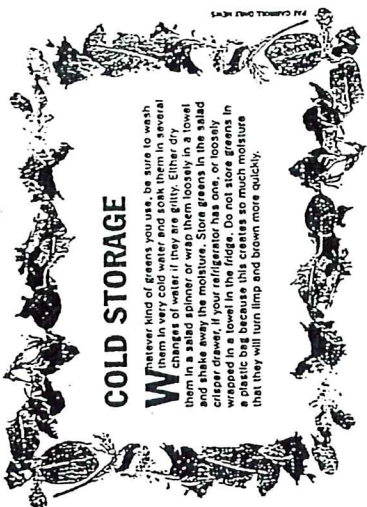
For the chicken:  
1 head garlic  
1/2 cup Champagne vinegar or white wine vinegar  
1 cup extra-virgin olive oil

For the chicken:  
4 cups boneless, skinless chicken cutlets, marinated in garlic oil and Champagne vinegar  
2 eggs soon on the cob  
1 small yucca (pared, cut lengthwise in the middle and discarded, and dried)  
1 small red onion, peeled and sliced  
1 small jalapeno, seeded and sliced  
1 teaspoon chopped fresh dill  
1/2 cup corn or lobster oven set at 350 degrees. When the garlic is soft, remove and allow to cool. Squeeze out the juice. You will need 1 tablespoon of this for the dressing. The rest will keep for about a week in the refrigerator.

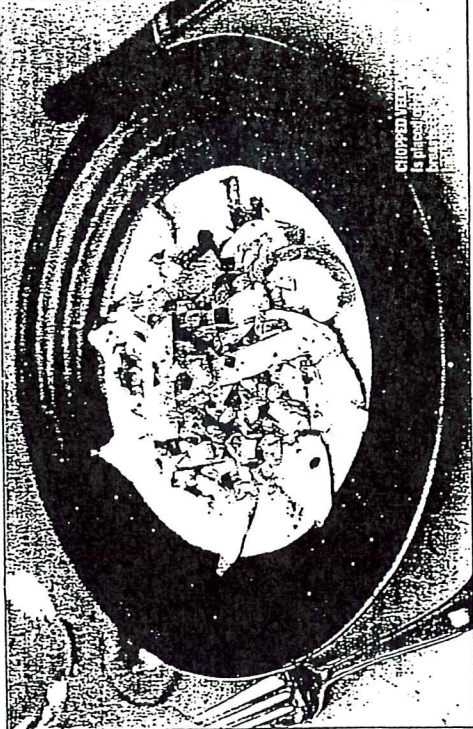
To make the vinaigrette, combine the garlic, mustard, vinegar and olive oil. Puree with a small hand-held blender until smooth and creamy.

### COLD STORAGE

Whatever kind of greens you use, be sure to wash them in very cold water and soak them in several changes of water if they are gilly. Either dry them in a salad spinner or wrap them loosely in a towel and shake away the moisture. Store greens in plastic bags wrapped in a towel in the fridge. Do not store greens in a plastic bag because this creates so much moisture that they will limp and brown more quickly.



Grill or bake the chicken breasts until done. Let cool. The chopped vegetable salad: Remove corn from the cob and saute it in a heavy-bottomed, nonstick dry pan until it browns and becomes very aromatic, about 4 minutes. Shake it frequently to prevent it from getting water. Cook for about 6 minutes. Slice the chicken breast on a slight diagonal. Arrange it on 4 serving plates, as though the slices formed the perimeter of the plate. Combine with the vinaigrette. Place the chopped salad on top of the chicken in the center of the plate.



CHOPPED VEGETABLE SALAD

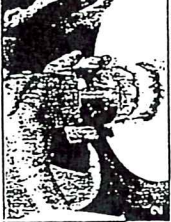
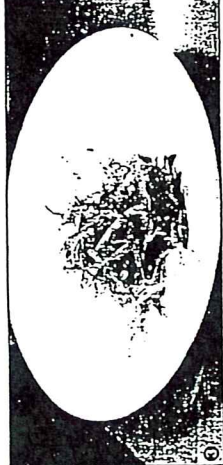


PHOTO: DAVID CUNNINGHAM



LOBSTER COBB SALAD



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