

# STACKED SALADS

*Various molds can be utilized for these recipes such as individual cheesecake spring-form pans; round or pyramid shaped bowls; a clean can that you can remove both ends from (and watch for any sharp edges!) or PVC or metal pipe off-cuts (wrap the latter in plastic wrap before using!) A handy tool to help you tamp down the ingredients so that they stay together neatly is a “muddler” commonly used by bartenders to combine ingredients in a glass by crushing them- handy for gently tapping the layers here to evenly compress- especially into the sides of your chosen mold. These can be made ahead and then double stacked (!) in the refrigerator for even up to a day ahead, as the dressings are usually served on top or on the side. Other ideas for ingredients include the classic Nicoise with Green Beans, Potato, Olives & Tuna, or Smoked Salmon, Capers & Onion, or Crab, Tomato and Avocado.*

***NOTE: each recipe for 1 serving- times each recipe for each additional salad stack needed!***

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## COBB STACK

1/3 Cup Egg, riced or chopped (about 2 hard-boiled Eggs)

1-2 slices Bacon, cooked & chopped

½ large Tomato, diced

¼ Cup Blue Cheese, crumbled

1/3 Cup Carrot, small dice or grated

3 or 4 Romaine Lettuce leaves, 1 reserved whole, the rest chopped

Red Wine Vinaigrette:

2 teaspoons Whole Grain Mustard

1 Tablespoon Red Wine Vinegar

1 clove Garlic, minced

¼ Cup Blended Oil

few grinds fresh ground Black Pepper

*If using a decorative-shaped bowl, gently Pan Spray the inside to ease the un-molding process. Add Blue Cheese, then Bacon, Egg, Carrot and finally Tomato. Place a large Lettuce leaf on top and invert the salad stack onto a serving plate. Mound chopped Lettuce on the side and then dress with Vinaigrette or serve on the side.*

## SHRIMP & CUCUMBER STACK

- 4 ounces cooked Shrimp
- ½ Cup peeled & diced Cucumber
- 1 medium Avocado, diced & spritzed with Lime Juice
- 2 Wonton Chips
- ½ Cup Lettuce
- ¼ Cup Mayonnaise
- 1 teaspoon Sriracha, or more to taste!
- ½ teaspoon Mirin

*Heat about an inch of oil in a small saucepan over moderate heat until shimmering and ready to deep-fry (375F) Slice Wonton wrappers into strips about 1/8 inch and place in hot oil. Stir gently to evenly cook and then remove with a slotted spoon when the bubbles almost subside- they will continue to crisp & brown out of the oil so do not overcook. Drain on paper towels. Place chosen mold on serving plate and tamp in Cucumber, then Avocado. Arrange Shrimp on the top and firmly and evenly compress. Un-mold carefully and then arrange around the salad stack Lettuce and Wonton strips. Mix together Mayonnaise, Sriracha and Mirin and drizzle over salad to serve.*

## ROASTED VEG STACK

- 1 medium Bell Pepper
- 1 large slice Red Onion
- 1 medium Zucchini
- 1 medium Zepher Squash
- 2 ounces Goat Cheese
- 1 Tablespoon Balsamic Reduction
- 1/3 Cup Marinara Sauce

*Char Bell Pepper over an open flame until blistered and then place in a bowl and cover with plastic wrap (this helps the skin come off) Meanwhile, slice Squash into long strips at least ¼ inch thick, about 4 from each. Pre-heat grill and oil grate well before grilling Onion, Squash and Zucchini a couple minutes each side- do not overcook the Squash as it will continue to get softer as it cools off the heat! To serve, spoon Marinara onto a plate, then arrange vegetables in a neat stack, finishing with the*

*Goat Cheese skewered with a Rosemary stalk to hold it all in place. Dash a little of Balsamic Reduction sauce to garnish.*

## **MID WEST STACK**

1 Corn Cob

¼ Cup Blueberries

4 ounces Beef Ribeye

½ -2/3 Cup Cheddar Cheese (about 1 ½ ounces)

½ Cup Lettuce, chopped

### **Buttermilk Dressing: enough for 2**

½ Cup Buttermilk<sup>[L]</sup><sub>[SEP]</sub>

¼ Cup Sour Cream<sup>[L]</sup><sub>[SEP]</sub>

¼ Cup Mayonnaise<sup>[L]</sup><sub>[SEP]</sub>

¼ teaspoon Black Pepper

<sup>[L]</sup><sub>[SEP]</sub>¼ teaspoon Garlic Powder<sup>[L]</sup><sub>[SEP]</sub>

1/8 teaspoon Thyme<sup>[L]</sup><sub>[SEP]</sub>

1 teaspoon Dried Parsley<sup>[L]</sup><sub>[SEP]</sub>

1 teaspoon Kosher Salt<sup>[L]</sup><sub>[SEP]</sub>

1 Tablespoon Sugar

*Remove kernels from Corn Cob and then heat oil in a cast-iron skillet until smoking. Add Corn and stir gently to coat with oil. Wait until the Corn starts to char before stirring again- you want some nice charred edges. Season with Salt & Pepper before removing to cool. Season Beef with a BBQ rub or Blackening Spice and then grill over high heat until done to your liking. Let rest off the heat and then dice into small pieces. When ready, place a ring mold on a plate and fill with Lettuce, then Cheese, Beef, grilled Corn and once un-molded garnish with Blueberries. Serve Buttermilk dressing over the top or on the side.*

## **SOUTHWEST STACK**

¼ Cup Banana Peppers

¼ Cup Purple Peppers

1/3 Cup Black Beans

¼ Cup Red Onion

½ Cup Lettuce

3-4 Tablespoons GDG Salsa

¼ Cup shredded Jack Cheese

*Place 1 Tablespoon Salsa in bottom of Mason Jar, followed by Banana Peppers, Black Beans, diced Onion, Purple Peppers, another 2 Tablespoons of Salsa, chopped Lettuce, shredded Jack Cheese and finally some more Salsa!*

## **FRUIT & BERRY STACK**

Blueberries

Grapes

Cherries

Bananas

Apples

Jello- any flavor

*Wash and clean berries &/or fruit and then place in layers in a mold. Make Jello according to instructions and then pour over fruit. Place in refrigerator until set. When ready to un-mold, place into a moderately hot water bath for up to a minute and then invert a plate on top and then invert both dishes to release the Fruit & Berry Stack.*

## NOTES:

- Do not use fruits high in Pectin as this will inhibit the Jello from setting. (Including but not limited to: Papaya, Kiwi, Pineapple, Guava, Mango)
- Carefully measure the hot & cold water necessary for Jello and stir as per directions so that the Jello sets evenly.
- Use Pan Spray to mist the inside of a decorative mold, but then gently wipe out excess with a lint-free towel so there are not tiny bubbles. Also, lightly spray the serving platter so that you can center the dessert easily once un-molded!