

## Salmagundi



**About this recipe:**

**Difficulty:** 1

**Comments:** Some items require pre-cooking; hard boiled eggs, chicken pieces and a boiled onion.

**Preparation Time:** 20 mins

**Number of servings:** 4 little salads

**Serving suggestions:** Rather small on their own but very charming, serve with a meal or plan with high tea.

Salmagundi is essentially the same recipe as the Georgian 'salamongundy', however as food fashions moved on the dish became a small, delicate individual salad and was served as part of afternoon tea, rather than as a whole dish at a main meal.

The whole dish is made in a tiny teacup and turned out onto the saucer as a single portion salad. The Victorians and Edwardians made afternoon tea very fashionable. Scones and tea breads, little cakes and cucumber sandwiches all had their place at these elaborate teas.

### **Ingredients**

- 2-3 lettuce leaves, sliced finely
- 1 piece of cooked chicken breast/turkey or bacon
- 1 boiled onion
- 1 hard-boiled egg
- A selection from the following: apple, lemon juice, cucumber, lettuce, watercress and cheese
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- Dressing: (optional)
- 4 tbsp. wine vinegar
- 1/2 tsp salt
- 1/2 tsp ground pepper
- 1/2 cup olive oi

Whisk these together, taste and adjust as necessary.

Serve drizzled over the salad or in a dish so everyone can help themselves.

### **Making and cooking it**

1. Use a china tea cup as the salad mould
2. Start by slicing the ingredients finely, these will be layered in to fill the cup
3. Put a thin layer of lettuce, then egg, chicken and onion
4. Now add the other ingredients in thin layers. Make sure each layer is packed quite tightly but not squashed. Leave a little space at the top of the cup for some more lettuce
5. Fill the cup to the brim with the last of the lettuce and place the saucer over the top
6. Turn the cup upside down, holding the saucer on carefully, to turn the salad out
7. Gently lift the cup off and you should have a pretty, miniature layered salad on the plate
8. Serve with a little vinaigrette or lemon juice drizzled over the top