

Robert Lambert



100 Hawthorne Avenue
San Anselmo, CA 94960

Salad Recipes

1 Citrus Spiked Poppy Seed Dressing

1/4 cup honey
1/4 cup Meyer Lemon or White Grapefruit Syrup
1/4 cup white vinegar
1/2 tsp. salt
3/4 tsp. dry mustard
2 tsp. grated onion
1 tsp. poppy seeds
2/3 cup vegetable oil

Combine all ingredients but oil in a jar and shake well to combine, then add oil and shake again.

2 Chicken, Pork or Beef Salad with Asian Dressing

This is a main course salad dressed with a version of a dressing I developed for Amy Nathan's classic book Salad. The beauty of this dish is that you can incorporate whatever you have on hand-any greens, leftover or fresh vegetables, leftover chicken, pork tenderloin, roast beef or steak.

1/4 cup olive oil
2 tbsp. hot chili oil
1 tsp. sesame oil
1 garlic clove, minced
2 tbsp. White Ginger Syrup
1/2 cup rice vinegar
3 tbsp. tamari or soy sauce

Shake all ingredients together in a jar. On large dinner plates create a bed of romaine lettuce torn in bite sized bits, add other greens like frisée, arugula, sorrel, radicchio, some cilantro or fine sliced basil leaves. Add any vegetables like sliced scallions or red

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onion, bell pepper, radish, cucumber, matchstick cut carrots, celery or avocado-even leftover cooked vegetables like green beans or asparagus or sautéed mushrooms, toasted or caramelized nuts. In a sauté pan bring dressing to a boil, add thinly sliced meat and heat through, then top each salad with the meat and spoon the rest of the hot dressing over each salad. Serve with warm French bread. Enough for 4 salads.

3 Sweet and Sour Cole Slaw

1 small head green cabbage
1 carrot, grated
1/4 finely diced red pepper
1/2 cup White Grapefruit Syrup
1/3 cup white vinegar
1/4 cup vegetable oil
salt and pepper to taste

Cut cabbage in quarters, discard outside leaves and slice off core, then slice across the quarters to a fine shred. Put in a bowl with the carrot and pepper. Gather all the other ingredients in a pint jar and shake well, then pour over and toss with the vegetables.

4 Basic Citrus Spiked Vinaigrette

1/4 cup vinegar
1 tsp. Dijon mustard
1/2 tsp. coarse salt
1/4 tsp. fresh ground pepper
2 tbsp. any of my citrus syrups
1/2 cup olive oil, or use part walnut oil

Combine all ingredients but oil in a jar and shake well, then add oil and shake again. You may also add any combination of dried herbs to total 1 tsp., or 2 tsp. fresh herbs.

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5 Citrus Spiked Balsamic Vinaigrette

- 1/2 cup olive oil
- 1/4 cup balsamic vinegar
- 1 tsp. Dijon mustard
- 1/4 tsp. salt
- 2 tbsp. Seville Orange, Rangpur Lime, Meyer Lemon or White Grapefruit Syrup
- 1 tbsp. minced shallot
- 1 tsp. dried basil, oregano or marjoram

Combine all ingredients in a jar and shake well.

6 Citrus Spiked Fruit Salad

Combine assorted berries, grapes, cubed melons and dress with any of my citrus syrups.
Best: Seville Orange, Blood Orange, Bergamot