

# Recipes from Nuts 'n May

## Waldorf Salad

Waldorf Salad was created in 1893 by Oscar Tschirky, the maître d'hôtel of the Waldorf Astoria in New York. The original recipe consisted only of diced red-skinned apples, celery, and mayonnaise. Chopped walnuts were a later addition to this classic American dish – and they complement the crisp apple perfectly.

This version doesn't use mayonnaise; instead it uses a freshly made French dressing that keeps it light and appealing. Makes enough for a side salad for 4 people.



### Ingredients

For the salad:

|            |                       |
|------------|-----------------------|
| 1 large    | Crisp fresh apple     |
| Juice of 1 | Lemon                 |
| 2 to 4     | Stems of fresh celery |
| 1½ cups    | Walnuts halves        |
| ½ cup      | Dried cranberries     |

For the dressing:

|        |                          |
|--------|--------------------------|
| 3 tbsp | Walnut oil               |
| 2 tbsp | Cider vinegar            |
| ½ tsp  | Wholegrain mustard       |
| ½ tsp  | Fresh thyme              |
|        | Salt and pepper to taste |

### Method

Make the dressing by blending the walnut oil, vinegar, mustard, and chopped thyme in a jar that has a lid. Shake well, season to taste, and allow the flavours to develop.

Wash and dry the apple before cutting into thin slices. Leave the skin on the apple as it's important for the presentation and nutrients / fibre it provides. We use Monty's Surprise apples as they are crisp and firm (and are another locally developed produce item with proven health benefits).<sup>1</sup>

Put the sliced apple into a salad bowl and toss with the lemon juice to prevent browning.

Wash, thinly slice, and pat dry the celery stems before adding to the apple in the salad bowl. Then it's a simple matter of adding in the walnut halves and dried cranberries before tossing with the salad dressing.

For another variation on this classic salad you can substitute nashi pears and red seedless grapes for the apple and cranberries.

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<sup>1</sup> This is a heritage apple propagated by Whanganui's Mark Christensen. Research into the anti-cancer properties of apples has placed this variety at the top of the list.