

# Summer Salads

As Chefs it's creativity and passion that inspires us daily!

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**frenchmaid**



**GROENZ**

A Golden State Foods company



# Salad Trends

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- 1. Reinventing the Classics**

Food experts are looking to yesteryear for food inspiration. The traditional favourites are getting updated and modernised so that the next generation can fall in love with them all over again.
- 2. Charred Lettuce**

Typically the base of weeknight salads, lettuce is slowly moving from side act to star performer. Charring the leaves on the barbecue adds a new complexity of flavour to this humble veggie.
- 3. Smoked Ingredients**

Smoking isn't just for ham – it adds such fantastic flavour to so many dishes and ingredients, such as smoked honey and smoked salt, are cropping up in delis and gourmet food stores.
- 4. Mediterranean**

The world's healthiest diet is here to stay. The Mediterranean diet makes plant-based foods the star of every meal. Nuts, seeds, beans, whole grains, are part of the daily diet.
- 5. Veggie Noodles**

As people are becoming more health conscious, there has been a steady move away from white carbs like pasta towards a variety of alternatives like zucchini, cucumber, carrot, beetroot, etc.

# Classic Salads



## Chicken Waldorf with Buttermilk Ranch Dressing



- 1 large head of cos lettuce or iceberg
- 1 red capsicum, diced
- 2 apples, peeled cored and diced, with or without skin
- 4 large sticks of celery, chopped
- 1 cup of almonds or walnuts, chopped
- 2 chicken breasts
- Olive oil
- Salt and pepper
- 1/2 cup Frenchmaid Buttermilk Ranch Dressing

Season and cook the chicken on a grill or pan fry. Let the chicken rest and prepare the salad.

Wash the lettuce and dice. Do the same for all the other veggies and place in a medium bowl. Combine all the other ingredients. Add the apple right before serving so it doesn't turn brown and dress the salad immediately.

Add **Frenchmaid Buttermilk Ranch Dressing**, toss to mix well and then you can slice up your breast into nice strips.



SIZE	SHELF LIFE	SERVES PER UNIT	UNITS PER CARTON	CODE	AVAILABLE IN
<b>Buttermilk Ranch Dressing</b>					
1L	11 Months	40	12	10010310	NZ AU

Vegetarian No Artificial Flavours No Artificial Colours Free range



# Caesar Salad

## Salad

- 250g baby cos leaves
- 24 crostini
- 6 rashers crispy fried bacon or prosciutto
- 1/2 cup freshly grated parmesan cheese
- 4 poached eggs





## Anchovy Grissini





- 12 anchovies
- 100g puff pastry
- 1 egg
- Black ground pepper to taste
- 6 Tbsp Frenchmaid Caesar Dressing

Roll out the puff pastry into two layers 3mm thick and 6cm x 10cm. Brush the bottom surface of the pastry with egg, then lay the anchovies across the pastry 3cm apart. Place the other piece of pastry on top and lightly press. Brush the surface with egg and season with ground pepper. Slice into sticks and bake for approximately 15min at 180°C.

Divide the lettuce, bacon (or prosciutto) and crostini evenly into 4 bowls then dress with **Frenchmaid Caesar Dressing** and lightly toss. Top each salad with a poached egg and grated parmesan cheese. Arrange the anchovy sticks on the side of the bowl or tie three together using chive and stand up over the salad.



SIZE	SHELF LIFE	SERVES PER UNIT	UNITS PER CARTON	CODE	AVAILABLE IN
<b>Caesar Dressing</b>					
2L	8 Months	80	6	10010261	NZ AU    

-  Vegetarian
-  No Artificial Flavours
-  No Artificial Colours
-  Free range



# Mediterranean Salads

## Roasted Beetroot, Halloumi and Walnuts with Balsamic Vinaigrette and Creamy Aioli






- 2 cups mixed salad leaves
- 6 medium shallots, peeled
- 80g Halloumi, cut in 1cm cubes
- 60g roasted walnut, cut in half
- 2 medium size beetroot
- Salt and pepper
- 4 Tbsp Frenchmaid Balsamic Vinaigrette
- 80ml Frenchmaid Creamy Aioli




Wrap the beetroot in tinfoil and roast at 160°C until tender, remove the tinfoil and peel the beetroot, the skin should just pull off.

Cut each beetroot into six wedges and keep warm until needed. Cut the shallots in half and roast until golden and caramelized, then add the halloumi and lightly colour in the oven.

Arrange the beetroot, walnuts, shallots and halloumi on your plate, drizzle with **Frenchmaid Balsamic Vinaigrette** and finish with small dots of **Frenchmaid Creamy Aioli** around the salad. Garnish with salad leaves and serve.



SIZE	SHELF LIFE	SERVES PER UNIT	UNITS PER CARTON	CODE	AVAILABLE IN	
<b>Balsamic Vinaigrette Dressing</b>						
2L	18 Months	80	6	10010264	NZ AU	 
<b>Creamy Aioli</b>						
1L	7 Months	40	12	10010305	NZ AU	  

 Plant-Based  Vegetarian  No Artificial Flavours  No Artificial Colours











# Fennel and Orange Salad with Classic French Dressing

- 2 fennel bulbs, finely sliced
- 2 Tbsp Italian parsley, finely chopped
- 1/2 cup Kalamata olives, pitted
- 2 oranges
- 4 Tbsp Frenchmaid Classic French Dressing
- Salt and pepper
- 1 cup rocket
- 1/2 cup walnuts halves

Peel and cut the oranges into segments removing all the pith. Place the fennel, olives, parsley and orange with two tablespoons of **Frenchmaid Classic French Dressing** into a bowl and lightly toss. Season with salt and ground black pepper, arrange in a serving bowl, top with a portion of the rocket then drizzle with Frenchmaid Classic French Dressing. Garnish with walnut halves and serve. Frenchmaid Classic French Dressing can be replaced by **Frenchmaid Italian Dressing**.



SIZE	SHELF LIFE	SERVES PER UNIT	UNITS PER CARTON	CODE	AVAILABLE IN	
<b>Classic French Dressing</b>						
2L	12 Months	80	6	10010265	NZ AU	 
5L	12 Months	200	4	10010304	NZ	 
<b>Italian Dressing</b>						
2L	12 Months	80	6	10010262	NZ AU	   

 Plant-Based  Vegetarian  No Artificial Flavours  No Artificial Colours



# Israeli Couscous Salad with Summer Vegetables and Balsamic Dijon Vinaigrette

- 250g Israeli couscous
- 1/4 cup Frenchmaid Balsamic Dressing
- 1 large red onion
- 1 red pepper, seeded
- 1 medium zucchini
- 1 medium eggplant
- 4 clove garlic, minced
- 1/4 cup Frenchmaid Balsamic Dressing
- Salt and Pepper
- 2 tbsp Frenchmaid Dijon Mustard

In a saucepan heat olive oil and add the Israeli Couscous until slightly toasted. Add water, veggie stock and cook until al dente per package instructions. When Israeli couscous is ready, add to a fine sieve and rinse so that the couscous cools. Shake the fine mesh sieve thoroughly so that the couscous is fairly dry.





Dice the vegetables evenly and put them in a large bowl, season with salt and pepper, garlic and toss with 1/4 cup of **Frenchmaid Balsamic Vinaigrette**. Place vegetables in a barbecue grill basket until cooked through.

Whisk together 1/4 cup of **Frenchmaid Balsamic Vinaigrette** and 2 Tbsp **Frenchmaid Dijon Mustard**. Carefully remove the vegetables from the grill basket and place in a large bowl with Israeli couscous. Combine the ingredients and toss the salad with the dressing.



“The Classic French Dressing and Italian Dressing make a salad! They are made with the knowledge of Frenchmaids’ heritage to enhance combinations of fresh ingredients”.



SIZE	SHELF LIFE	SERVES PER UNIT	UNITS PER CARTON	CODE	AVAILABLE IN
<b>Balsamic Vinaigrette Dressing</b>					
2L	18 Months	80	6	10010264	NZ AU  
<b>Dijon Mustard</b>					
2.2 kg	18 Months	88	6	10010271	NZ AU  

 Plant-Based  Vegetarian  No Artificial Flavours

# Garden Three-Bean Salad with Italian Dressing

- 1 can of kidney beans, drained and rinsed
- 1 can of cannellini beans, drained and rinsed
- 2 cups fresh green beans, cut in 1.5cm dices
- 1 red onion, finely diced
- 2 Tbsp Italian parsley
- 4 Tbsp Frenchmaid Italian Dressing
- Salt and pepper

Combine kidney, cannellini beans and red onion in a medium bowl. In boiling water, quickly blanch the green beans; rinse in cold water, drain and add to the bowl. Dress with **Frenchmaid Italian Dressing**, salt and pepper, and garnish with parsley

# Grilled Cos Lettuce with Prosciutto Crisps and Italian Dressing

- 2 baby cos lettuce
- 250g cherry tomatoes
- 6 slices of prosciutto
- 50g grated parmesan
- 4 Tbsp Frenchmaid Italian Dressing
- Olive oil
- Salt and pepper







Place the prosciutto on a tray lined with baking paper and bake for 8-10 minutes or until golden and crisp. Remove and allow to cool, then break into small pieces like a crumble.

Brush cut sides of the cos lettuce with olive oil. Place cos halves, cut-side down, on a hot grill just long enough to sear and create grill marks, about a minute or two each side or until lightly charred.

Dice the cherry tomatoes and arrange the cos lettuce on a serving plate. Top the lettuce with **Frenchmaid Italian Dressing**, tomatoes, parmesan and crispy prosciutto. Frenchmaid Italian Dressing can be replaced by **Frenchmaid Balsamic and Dijon Vinaigrette**. To make the dressing, whisk together ¼ cup of **Frenchmaid Balsamic Vinaigrette** and ¼ cup of **Frenchmaid Dijon Mustard** and toss the salad.



SIZE	SHELF LIFE	SERVES PER UNIT	UNITS PER CARTON	CODE	AVAILABLE IN
<b>Italian Dressing</b>					
2L	12 Months	80	6	10010262	NZ AU   
<b>Balsamic Vinaigrette Dressing</b>					
2L	18 Months	80	6	10010264	NZ AU  
<b>Dijon Mustard</b>					
2.2 kg	18 Months	88	6	10010271	NZ AU  

-  Plant-Based
-  Vegetarian
-  No Artificial Flavours
-  No Artificial Colours



# Tropical Salads



## Zucchini Noodle Salad with Prawns and Coriander Ginger and Lime Dressing



- 500g prawns
- 2 large zucchinis
- 1 cup cherry tomatoes, cut in half
- 2 garlic cloves, minced
- 100g feta cheese, crumbled
- 4 Tbsp Frenchmaid Coriander, Ginger & Lime Dressing
- Olive oil
- Salt and pepper



Remove shell and tail from all prawns. Brush the prawns with **Frenchmaid Coriander, Ginger & Lime Dressing**. In a saucepan on medium heat add olive oil. Add in garlic and cook for 1 minute or until fragrant. Add in prawns and cook for 3-4 minutes or until pink. Take off heat and let cool.

Cut zucchini into noodles using a spiralizer. In a large bowl add in zucchini noodles, cherry tomatoes, feta cheese and prawns. Toss the zoodles with Frenchmaid Coriander, Ginger & Lime Dressing, mix well and top with feta cheese.

SIZE	SHELF LIFE	SERVES PER UNIT	UNITS PER CARTON	CODE	AVAILABLE IN
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### Coriander, Ginger & Lime Dressing

2L	18 Months	80	6	10010266	NZ AU
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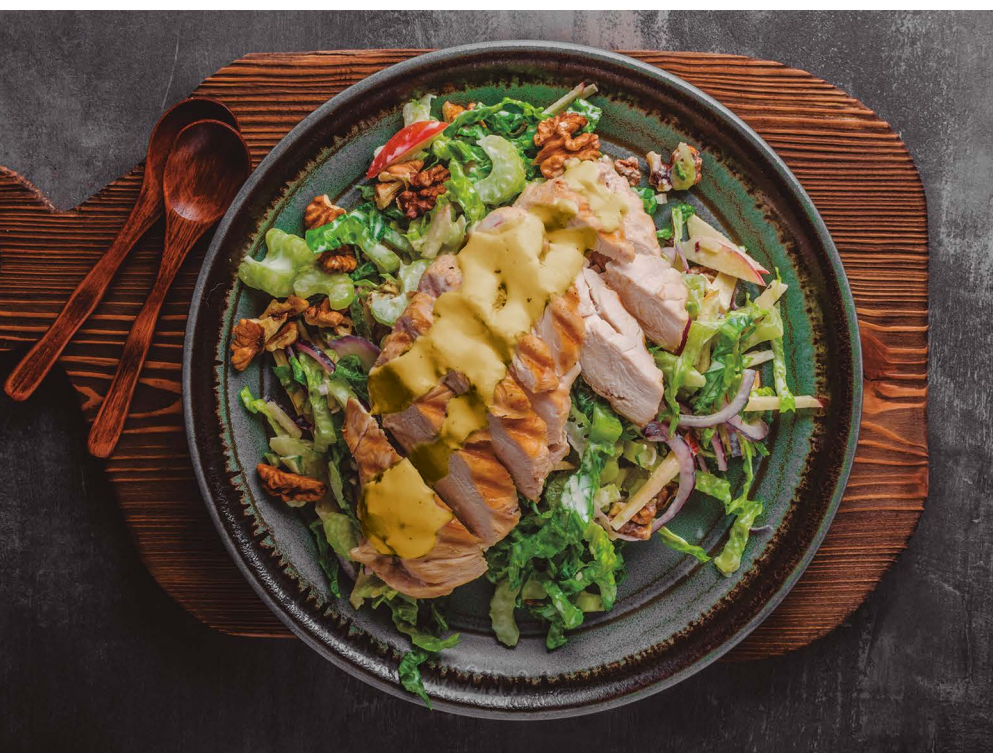
Plant-Based
 No Artificial Flavours
 No Artificial Colours



# Tropical Chicken Salad with Frenchmaid Honey Mustard

- 4 boneless skinless chicken breast cut into cutlets
- 2 tablespoons olive oil
- 2 tablespoons rice wine vinegar
- 1 tablespoon honey
- juice of 1 lemon
- 1 clove of garlic minced
- ¼ teaspoon crushed red pepper flakes
- ½ teaspoon ground ginger
- Frenchmaid Honey Mustard

Prepare marinade by mixing all of the ingredients, set aside. Trim chicken of fat and cut breasts into cutlets for more even grilling. Put chicken in large bowl and pour marinade all over turning to coat all sides. Place in fridge for 2-4 hours.

After chicken has marinated, preheat grill for 10-15 minutes. While grill is heating divide the salad mix ingredients into four bowls. Once grill is heated, put chicken on, turn to medium heat. Grill for approximately 2-3 minutes. Flip chicken, brush with **Frenchmaid Honey Mustard** and cook additional 2-3 minutes. Remove from grill. Brush a little more **Frenchmaid Honey Mustard** on chicken and allow to cool for at about 5 minutes before slicing. Slice chicken into bite sized pieces and arrange on top of salad. Drizzle with additional dressing and enjoy!



SIZE	SHELF LIFE	SERVES PER UNIT	UNIT PER CARTON	CODE	AVAILABLE IN
<b>Honey Mustard</b>					
2L	12 Months	80	6	10010272	NZ  

 Vegetarian  No Artificial Flavours

# Beef Thai Salad

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- 500g quality beef steak
- 4 cups mixed lettuce leaves
- 1 ½ Tbsp Frenchmaid Lemon Juice
- 1 garlic clove, minced
- 1 Tbsp fish sauce
- 1 Tbsp sesame oil
- 1 tsp soy sauce
- 4 Tbsp Frenchmaid Sweet Thai Chilli Sauce
- 1 tsp fresh ginger, finely grated
- 1/2 cup cherry tomatoes, cut in half
- 1 cucumber, thinly sliced
- 1 red onion, finely sliced
- 1 bunch fresh coriander, leaves picked
- 1 bunch fresh mint, leaves picked
- 1/3 cup peanuts, coarsely chopped
- Salt and pepper










Whisk together **Frenchmaid Sweet Thai Chilli Sauce**, **Frenchmaid Lemon Juice**, garlic, fish sauce, sesame oil, soy sauce and ginger. If necessary, adjust flavours i.e. sweet, umami, sour, to taste. Drizzle the beef with half the dressing and marinate it for at least 3 hours or, if possible, overnight.

Cook steak on grill according to preference. Transfer to a plate, cover with foil and set aside for at least 10 minutes to rest.

Place lettuce, tomato, cucumber, and onion in a large bowl. Thinly slice steak against the grain and add to the salad. Drizzle with remaining dressing and gently toss to combine. Sprinkle with peanuts and garnish with coriander and mint leaves.



SIZE	SHELF LIFE	SERVES PER UNIT	UNITS PER CARTON	CODE	AVAILABLE IN
<b>Sweet Thai Chilli Sauce</b>					
2L	12 Months	80	6	10010278	NZ AU  
<b>Lemon Juice</b>					
2L	9 Months	80	6	10010267	NZ  

 Plant-Based  No Artificial Flavours  No Artificial Colours



# Explore our range of Portion Control Units

Perfect for takeaway salads, home delivery,  
room service & food on the go

Our high quality sauces help create  
delicious taste every time



A great range of sauces to  
complement a variety of  
summer menus



30g portion with 100  
units per carton

## Our Flavour Range

Creamy Aioli • Garlic Aioli • Maple Flavoured Syrup • Classic French Dressing  
Smokey Barbecue Sauce • Tomato Sauce • Sweet Thai Chilli Sauce



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