



Baby Spinach Salad with Shallot and Lemon Vinaigrette

This is the simplest of salads, fresh washed baby spinach leaves with a few sliced shallots and a light spring vinaigrette. One of the food limitations that Ashkenazi Jews have taken on themselves is to not eat legumes, mustard seeds come under that category. One of the main ingredients in a classic vinaigrette is mustard, in the recipe below lemon is used instead to provide a fresh tartness to the dressing.



INGREDIENTS:

120 ml (1/2 cup) olive oil

60 ml (1/4 cup) **fresh** lemon juice

The finely grated rind of one lemon

2 cloves garlic, minced

Salt

Freshly ground pepper

METHOD:

Combine oil, juice, lemon rind, and garlic in a jar with a tight fitting cover. Cover tightly, and shake vigorously, season to taste with salt and pepper.



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Published on Kosher London Beth Din - KLBD (<https://www.kosher.org.uk>)



Date Uploaded: Tuesday 28th February 2017

Source URL: <https://www.kosher.org.uk/article/baby-spinach-salad-shallot-and-lemon-vinaigrette>