

NYBG

EDIBLE ACADEMY SUMMER SOLSTICE WEEKEND



FILIPINO ENSALADA WITH KALAMANSI VINAIGRETTE

Prepared for the Edible Academy Solstice Weekend by
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Yield: 2 servings

Ingredients

- 1 cup Alugbati (Malabar spinach) (*can be substituted with Swiss Chard)
- 1 cup Kangkong (water spinach) (*can be substituted with regular spinach)
- 1 cup Kamote (sweet potato) tops or leaves (*can be substituted with beet tops)
- ½ cup scallion, sliced thin
- Salt, to taste
- Ice water, for blanching
- Tomato, chopped (optional)
- Hard-boiled egg, cut into wedges (optional)

For the Kalamansi Vinaigrette:

- 10 pieces Kalamansi orange, juiced (*)
- 2 teaspoon sugar
- 1 teaspoon salt
- ¼ cup coconut oil
- 1 teaspoon ginger, cut into strips
- Thai chili or bird's eye chili, seeded and chopped, to taste

(*) Available at Asian grocery stores as fresh fruits, in the frozen section or in the pantry section

Instructions

Bring salted water in a medium pot to a boil. Prepare a bowl of ice water for blanching and set aside. Turn off heat and briefly add each set of greens/leaves. Strain the leaves and place in ice water to stop the cooking process. Dry leaves using a salad spinner.

Combine all ingredients for the vinaigrette in a bowl and whisk together.

Arrange the cooked greens and scallions on a salad bowl and drizzle with vinaigrette. Garnish with tomato and hard-boiled egg wedges, if using.