

Tomales Salad

This mixture became one of our staples while house-sitting for a friend in Tomales, California, hence the name. The avocado and tomato flavours blend very well together and make a good accompaniment to grilled fish or meats. Since it was well received by our hosts, I thought I'd document it.

(Repeated uses of the word *organic* are a tongue-in-cheek nod to the fact that absolutely everything in the Tomales area seemed to be organic. Please feel free to use regular, affordable ingredients. I do.)

Planning

serves:	4
prep time:	10 mins
cooking time:	n/a

Ingredients

1 very small garlic clove
salt
3 tbs extra virgin olive oil
rainbow pepper corns
1 tbs dark balsamic vinegar
200g organic salad leaves
(we like a mixture)
4 medium organic tomatoes
2 organic avocados

Method

First make the dressing. Crush the garlic clove with a pinch of salt and mix it into the balsamic vinegar. Let it infuse for about five minutes before adding a few twists of ground rainbow pepper and the olive oil. Shake it together to blend.

Put the leaves in a suitable salad bowl. Cut each tomato into eight segments lengthwise and add them to the leaves. Cut each avocado in half and remove the stones. Using a dessert spoon, scoop out relatively fine, roughly half-moon-shaped pieces and add these to the salad bowl. (Don't do this too far ahead of time 'cos it'll discolour.)

Immediately before serving, remix the dressing and dress the salad.