



Lucina´s famer salad

4 pieces potatoes

1 piece onion

1 piece clove of garlic

1 piece yellow paprika

2 pieces big tomatoes

3 pieces cooked eggs

4-5 pieces radish

Ca. 150 g bacon cubes

Ca. 100 ml apple cider vinegar

few leafs of different salads,

iceberg lettuce, lamb´s, Lollo Rosso, romain lettuce

for the dressing:

1 EL honey mustard

1 EL tree top hney (or normal)

5 EL high quality oliveoil

20 ml apple cider vinegar

4 EL water

different herbs

(Chives, parsley, thyme, oregano ...)

helpful but not necessary:

[Nutribullet\(klick\)](#) oder anderen Mixer

[Salad dryer\(klick\)](#)

[vegetable cutter\(klick\)](#)



Preparation:

1

Boil the potatoes with shell, allow to cool, peel and cut into thin slices.

2

Peel onion and garlic and finely chop - I use this for my Tupper Turbo Boss.
Now let me pour boiling water and let it draw for about 5 minutes - this weakens the sharpness.
Then drain the water.

3

Cook the eggs on medium, cool, peel and also cut.

4

Wash the lettuce leaves, shake dry and cut into small pieces.

5

Wash radishes, the leaves
(from the leaves you can make a pesto if they are organic or from their own garden)
Cut off the tail and cut it into small pieces with the tomatoes and peppers.

6

You can, but you do not have to roast the potatoes and vegetables in a pan in olive oil golden yellow.
I prefer to roast without it - so much more vitamins are preserved.
Put everything together in a large bowl.

7

Sauté the bacon in a non-stick pan and deglaze with the vinegar, simmer briefly and pull away from the heat.
This forms the basis for our dressing.

8

Meanwhile, add the herbs, olive oil, honey, honey mustard, water, vinegar in Nutribulett or another blender and mix.

9

Now everything together, vegetables, salad, eggs, herbs, dressing and bacon mix well and serve.

Good luck and I look forward to your comments!!



Lucina's tips:



It does not matter which leafy lettuce you use.

You can also change it and with Parmesan chips or z. B. also turn on cucumbers. Meanwhile, I have also made it with home-made blueberry vinegar and homemade pine oil instead of olive oil - that was also very tasty.

Precise details when dressing are difficult to make, as some lettuce leaves quickly dress a lot and others do not.

The amount of lettuce leaves is different.

You just have to take care that you do not make a mess of it. Just go a little bit for feeling. You can see if you have enough dressing.



I wish good luck

and buon appetit!

youre Lucina Cucina