Elizabethan Salads

From www.seatofmars.com
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Since Elizabethan food is rather sweet, a piquant salad is essential in your meal. Using Spinach and shredded red cabbage as your base add small bits of the following ingredients to taste.
Almond slivers
Raisins
Minced figs
Capers
Olives
Currants
Minced pickles
Orange segments
Prepare a dressing of oil, vinegar, lemon juice an a pinch of salt to taste. You will be amazed that such an unlikely combination of ingredients comes to such a good end !

Garnish: Orange slices

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