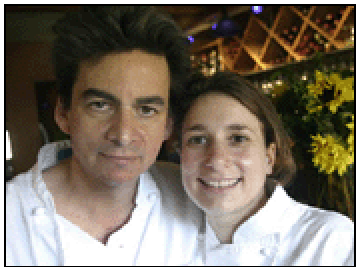
Chef from the Hood Recipes



Chef:
Meekk & Rick Vargas

Restaurant:
Bistro V

Recipe:
Rings of Olympia Greek Salad

Ingredients

7 graduated rings of 1/4" sliced red onion
Into a bowl place the following:
3/4 cup diagonally sliced cucumbers
Use small peeled Persian or Japanese cukes
or seeded English cukes.
Slice cukes in half lengthwise, then in 1/4" thick diagonal slices. If using an English cuke, you should cut it into halves first, then remove seeds, then cut again lengthwise into quarters, then slices.
3/4 cup halved heirloom cherry tomatoes
7 to 10 pitted Kalamata olives
2 to 3 ounces Feta cheese
1/2 of a roasted red bell pepper sliced
A few good pinches fresh oregano leaves
A pinch of gray, Kosher or sea salt
Lots of fresh ground black pepper
A good squeeze from half a fresh lemon
Enough DaVero Extra Virgin Olive Oil
to moisten all ingredients.

Toss gently in the bowl, taste and adjust seasonings.
To assemble: Place the largest ring of onion on a plate. Fill with salad. Repeat with the next sized rings... until you have a tall tower of stacked Greek salad.
Enjoy!

This beautiful, towered assembly of Persian or Japanese cucumbers and Middle Eastern Feta is a Bistro V accident. Chef Rick Vargas says, "A new employee prepped the red onions for salad. Instead of thin slices, he cut the onions into 1/4" thick rings. But then we realized how pretty they looked when stacked up in graduated sizes. So we plated individual salads with stacks of graduated rings and filled each ring with Greek salad. The rings add lots of flavor; you can choose to eat them or not. This has become one of our most requested salads!" These quantities for one salad are a guideline only. Feel free to adjust this recipe to suit your own flavor preferences.