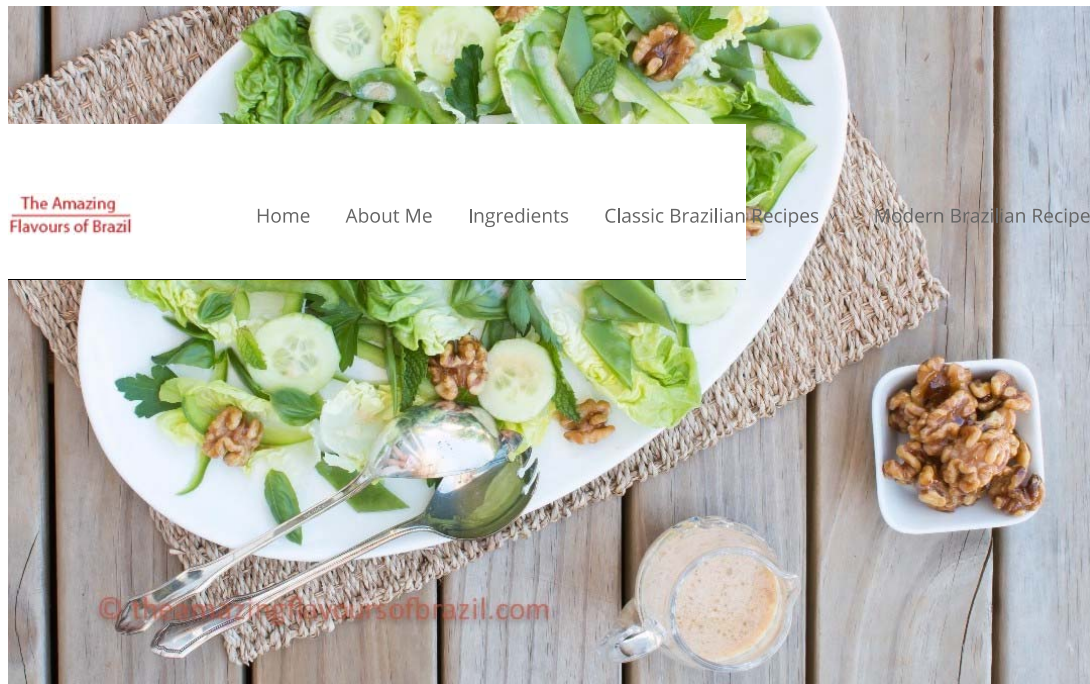


# Brazilian Barbecue Series – Green Summer Salad with Caramelised Walnuts

Jan 22, 2015 | Entrees/Light Meals, My Family Recipes



2 Total: 100

A simple green salad with a great dressing is the perfect accompaniment for your barbecue.

For a full barbecue feast check my [Rump Cap Barbecue step-by-step](#) post.

A couple of more Brazilian songs to enjoy with your barbecue. The first song is by the late Elis Regina who is considered by many Brazilian music legends one of the best female singers Brazil has ever had. The song is a classic bossa-nova by notorious composer Tom Jobim who also sings with Elis. The second song is a beautiful samba called *O que é o amor* (What is love) interpreted by her daughter Maria Rita who was lucky enough to inherit the beautiful voice tone and talent of her mum.

[Águas de Março – Elis Regina \(with Tom Jobim\)](#)

[O Que é o Amor – Maria Rita](#)

## Ingredients

### Caramelised Walnuts

- 1 1/2 tbs brown sugar
- 1 tbs honey

## Instructions

1. In a small frying pan heat the brown sugar, honey, salt over medium heat and cook for 3 minutes stirring continuously until the mixture is syrupy. Add walnut halves and gently toss through the caramel.

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Remove the walnuts and place in a single layer onto baking paper to cool.

Search

150g walnut halves

### Green Salad

150g snow peas, trimmed

1 green capsicum, julienned

1 small cucumber, sliced

1 head baby cos lettuce, leaves picked

1/2 bunch basil, leaves picked

1/4 bunch fresh mint, leaves picked

1/2 bunch parsley, leaves picked

2. Cook the snow peas in boiling water for 2 minutes, drain and place in a bowl with iced water for a few minutes before draining again.

3. Mix all the vegetables in a bowl. For the dressing, whisk all ingredients and pour over the salad just before serving. Garnish with walnuts.

## Dressing

1 tbs Dijon mustard

2 tbs red wine vinegar

3 tbs extra-virgin olive oil

Freshly ground salt and black pepper to taste

## Receita em Português

### Salada Verde de Verão

## Ingredientes

### Modo de Preparo

## Nozes Caramelizadas

1 colher de sopa de açúcar mascavo

1 colher de sopa de mel

pitada de sal

150g de nozes

## Salada Verde

150g ervilha torta, sem fio

1 pimentão verde, juliana

1 pepino pequeno, fatiado

1 cabeça de alface, folhas separadas

1/2 maço de manjeriço, folhas separadas

1/4 maço de hortelã fresca, folhas separadas

1/2 ramo de salsa, folhas separadas

## Molho

1 colher de sopa de mostarda Dijon

2 colheres de sopa de vinagre de vinho tinto

3 colheres de sopa de azeite de oliva extra-virgem

1. Em uma frigideira pequena aqueça o açúcar mascavo, o mel, o sal e cozinhe em fogo médio por 3 minutos, mexendo continuamente até que o açúcar dissolva e comece a caramelizar. Adicione as nozes e misture delicadamente. Retire as nozes e coloque em uma única camada sobre papel manteiga para esfriar.

2. Cozinhe as ervilhas tortas em água fervente por 2 minutos, escorra e coloque em uma tigela com água gelada por alguns minutos antes de drenar novamente. Misture todos os legumes em uma tigela.

3. Para o molho, misture todos os ingredientes e despeje sobre a salada antes de servir. Decore com nozes.

Sal e pimenta do reino a gosto

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**GeorginaRibas** — Me too, hehe ;-)

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**Al Filho** — I loved it!!! Delicious recipe!!! Thanks....