



# Secretts

## Whole Head Lettuce

"the heart  
of a good  
salad"

varieties  
*recipes*  
dressings

# Secretts

LOVE FOOD AS MUCH AS WE DO

ESTD SINCE 1908





**The summer season for our traditional lettuce runs from late May to late October (weather dependent.**

**At Secretts we are proud of our heritage of growing vibrant salads on our farm which we have done since moving to Surrey 1937.**

**In this leaflet you'll find recipes, serving tips and information about each variety grown. Plus our new arrival to the family, 'Celtuce' an Asian staple, gaining popularity in the UK.**

**Leaflet main images by Donna Crous**  **@donnacrous**

**Edited and produced by Shirlee Posner**  **@eatsurrey**

**[www.secretts.co.uk](http://www.secretts.co.uk)**





*Bionda*



*Lollo Rosso*

**A lovely lettuce variety with tight, curly red or green leaves also called coral lettuce.**

**This decorative salad adds a splash of colour, texture with a slightly bitter twang . The curled leaves are loved for their ability to trap salad dressing. Mixing the green and red together gives an attractive base to any salad. The red leaves are also packed with Vitamin A and K.**



# The CD Buttermilk Dressing

A perfect, creamy but low calorie dressing to perk up all salads. We love this on Secrett's home-grown leaves which we serve on menus at our 'Conversational Diner' Pop-up Supper Clubs at Secretts PYO Glasshouse. Buttermilk can be found in the farm shop fridge opposite the cheese counter.



## Ingredients


- 150ml buttermilk
- 75ml cold pressed rape seed oil
- 2 tsp honey
- Juice of 1 lime or lemon
- 1 tbsp finely chopped fresh herbs (we like dill, chives or parsley)
- Salt and freshly ground black pepper

## Method

Place all ingredients in a large jam jar and shake to combine. Keeps in the fridge for up to 1 week. This goes especially well with curly leaf lollo rosso or bionda lettuce which traps the dressing in their decorative leaves.

Also great with crudités, hot new potatoes and lightly cooked green beans.

"If you don't have buttermilk to hand then stir in the juice of half a lemon to 150ml milk and it will thicken in about 10 minutes. Or use any natural yogurt instead - equally delicious"

Recipe from Sally Iddles who runs the  @ConversationalDiner supper clubs at our PYO glasshouse  
[www.theconversationaldiner.co.uk](http://www.theconversationaldiner.co.uk)



# *Little Gem - Cos Lettuce*

Cos lettuce, Little Gem or Romaine is always the star of a classic Caesar salad. A tall lettuce with long slender leaves, these have a prominent thick rib down the centre. Crispy and robust with a unique taste and crunchy texture they carry full flavoured dressings really well. When the leaves are mature, the upper tips of the leaves can close slightly to form a canoe like shape. The tight leaf structure excludes light to the heart when they are growing and these pale inner pale leaves are loved for their more tender texture.



# Crispy Cos with

## *roasted butternut squash and smoked garlic vinaigrette*

Spicy roasted butternut squash paired with the robust texture of this lettuce works beautifully alongside this smoky roasted garlic vinaigrette.



### *Ingredients*

#### *For the salad*

- 1 butternut squash, peeled and cut into bite-sized chunks
- 1 tbsp olive oil
- 2 tsp of Dorset Spice Shed Jurassic Inferno seasoning
- 1 Cos or baby gem lettuce, washed and spun dry in a salad spinner

#### *For the smoked garlic vinaigrette*

- 8 cloves of smoked garlic
- 125ml olive oil
- 2 tbsp red onions, chopped
- 1 tbsp honey
- 1 tbsp fresh lime juice
- 2 tbsp red wine vinegar
- Smoked salt and freshly ground pepper
- Toasted pumpkins seeds, some fresh basil and fresh or dried blueberries to garnish.



*Available in the  
farm shop*

### *Method*

Pre-heat the oven to 180°C. Mix the olive oil and spice mix together in a bowl and add the butternut squash, mix to coat. Place the squash in an oven tray and roast for 35-40 minutes and allow to cool. Heat a tbsp oil in a small frying pan and cook the garlic for 2-3 minutes. Now place all the vinaigrette ingredients in a blender and process until smooth. On a serving platter lay out the salad leaves and top with the squash. Pour over some of the dressing and serve immediately. Garnish with herbs, seeds and fruit (optional).







# Oakleaf Lettuce

Named because of their similarity to large oak leaves, these lettuce are famed for their buttery texture. Their sweet, mellow and nutty flavour make them a perfect match for savoury punchy salad dressings. Cheeses, spices, nut oils, vinegars and mustards are all complimentary here. Red oak leaf is high in caretenoids which convert readily into vitamin A and also boasts strong antioxidant properties too.



# Oakleaf & Rye Bread Salad

This unusual take on panzanella uses Donker rye bread from one of our favourite bakeries SØDT. It's the perfect way to use up leftover bread that may be a little dry. The use of a darker bread here adds a new level of flavour to this salad. Perfect on its own for lunch or serve with grilled meat or fish for dinner.



## Ingredients

- 200g SØDT Donker rye bread, cut into cubes
- 200g red and yellow baby / cherry tomatoes, halved
- 1 bunch spring onions, washed and finely chopped
- 1/2 cucumber, cut into small bitesize chunks
- 1/2 green oakleaf lettuce, washed and dried
- Handful of fresh basil and mint leaves, finely chopped
- 2 cloves smoked garlic, peeled and crushed
- 2 tsp poppy seeds
- 120 ml extra virgin olive oil
- 3 tbsp red wine vinegar
- Salt and freshly ground black pepper

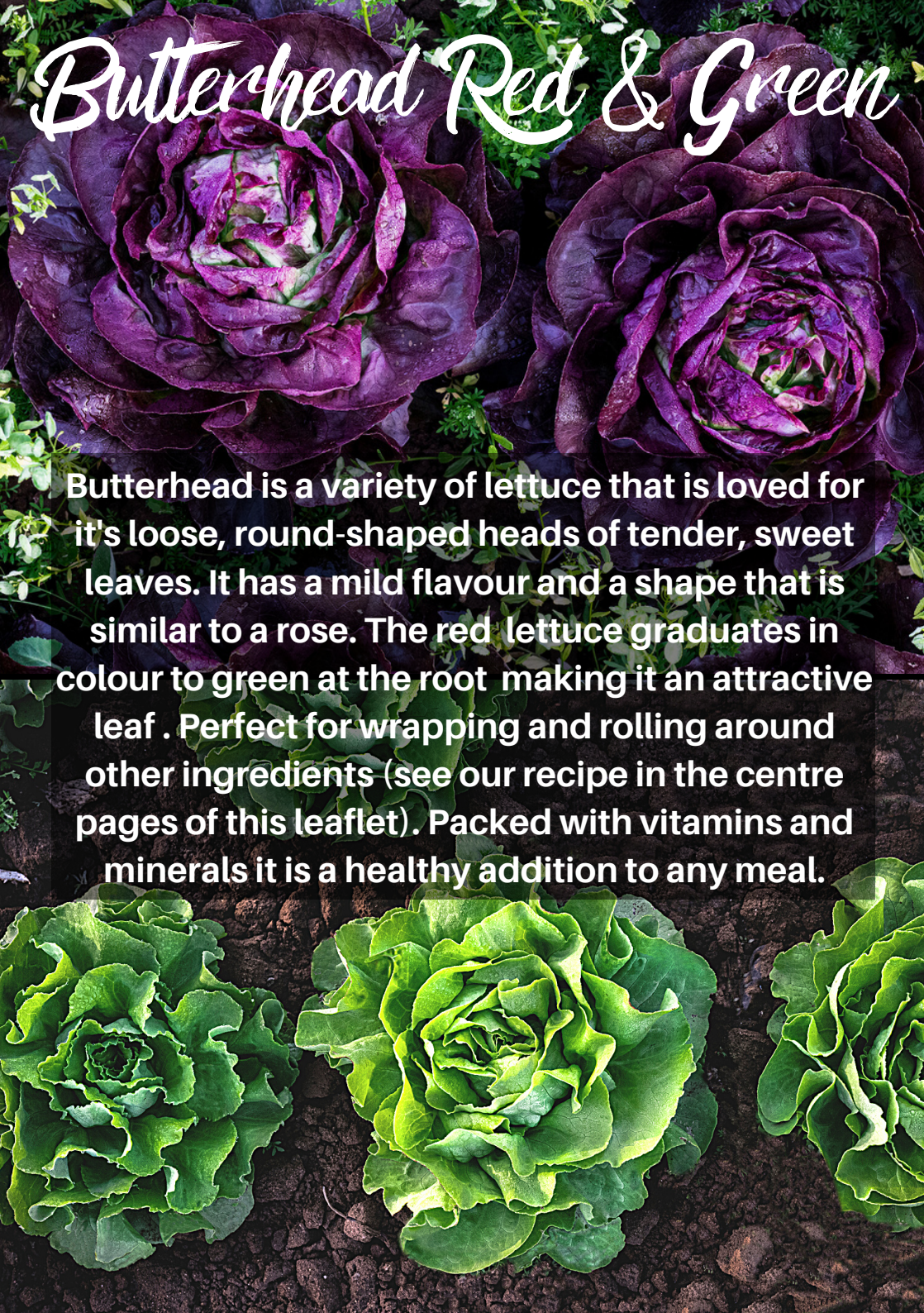


*Available in the  
farm shop*

## Method

Prepare all the ingredients and select a large plate or salad bowl to assemble. Put the bread and chopped onions into mixing bowl. Mix the oil and vinegar together and pour over the bread with the poppy seeds, garlic and chopped herbs (keep a few to garnish. Season and leave for 10 minutes. Add the cucumber and tomatoes to the bread mix and layer with the salad leaves. Garnish with some fresh herbs. Variation: Add a layer of shaved parmesan or crumbled feta to the finished plate.





# *Butterhead Red & Green*

Butterhead is a variety of lettuce that is loved for its loose, round-shaped heads of tender, sweet leaves. It has a mild flavour and a shape that is similar to a rose. The red lettuce graduates in colour to green at the root making it an attractive leaf. Perfect for wrapping and rolling around other ingredients (see our recipe in the centre pages of this leaflet). Packed with vitamins and minerals it is a healthy addition to any meal.



# Brighton Blue and Peach Salad

## in a Dijonaise Dressing

Butterhead is one of my favourite lettuces, it's soft buttery texture and lovely slightly sweet flavour is perfectly paired with creamy mustard dressing and soft salty Brighton blue cheese with juicy peaches thrown in. Definitely one of my top 5 salads of the summer.



### Ingredients

- 1 heaped tbsp Dijon mustard
- 2 tbsp single cream
- 1 red butter head lettuce, washed and dried
- 100g Brighton blue cheese
- 1 ripe peach or nectarine sliced
- 1tbsp freshly chopped chives
- Sea salt and black pepper
- Chopped chives and serve.



*Available in the  
farm shop*

### Method

Mix the mustard and cream together, season with a pinch salt and pepper then add the chives and salad leaves. Toss the salad to coat the leaves. Place in a serving bowl and add the peaches and crumble over the Brighton blue cheese. Sprinkle over a few extra chives and serve.

Recipe and image from Caroline at



@everydayfabulousfood



# Feta and Pomegranate Salad

## *with butterhead lettuce and roasted pepper dressing*

Our green butterhead lettuce is quickly transformed into a delicious no effort salad with some crumbly feta (we used High Weald here from Sussex) and a lovely pomegranate juice based dressing from small producer Mezzesoul. Serve as a side or add grilled fish or meat as a main.



## *Ingredients*

- 1 green butterhead lettuce, wash the leaves and spin /shake dry
- 125g feta cheese (we used organic High Weald Medita here)
- 2 carrots, peeled and cut into thin julienne strips
- 1 bunch of fresh mint leaves, roughly chopped
- 4 tbsp of Mezzesoul roasted red pepper sauce
- 2 dessertspoons vinaigrette (add more to taste)
- Pomegranate seeds to garnish (optional)



*Available in the  
farm shop!*

## *Method*

Place the leaves in a large salad bowl or serving platter. Crumble or dice the feta and combine with the leaves. Sprinkle with the carrots and mint leaves. Toss together. Mix the roasted red pepper sauce with the vinaigrette and place in a small jug to serve separately. Garnish the salad with mint leaves and pomegranate seeds. Drizzle over a little of the dressing and serve. This salad keeps well for a couple of days in the fridge so serve dressing on the side and dress as you go!



Recipe written and photographed by Shirlee @eatsurrey





# *Celtuce*

Celtuce may be a new name to you but it's a popular Chinese vegetable much loved for its crunchy stems as well as its tender leaves. The leaves are edible too but wilt quickly post harvest so are often discarded. With a crispy texture and nutty flavour this unusual salad ingredient is catching the attention of top UK chefs. Low in calories but packing a hefty nutritional punch it's stacked with vitamins and minerals. Iron, calcium, manganese, B and C vitamins are all present here! This versatile ingredient has many culinary uses and can be used in many different preparations.



# Celtuce

## How to prepare

Discard the leaves and wash the stems. Take a really sharp knife and remove the top layer of skin and then repeat to reach the green crispy interior.



Once the top couple of thick layers have been removed you can swop to a sharp potato peeler to remove all the tough outer skin.



You can use the peeler to cut into thin strips or even use a spiraliser. Cut into julienne strips or long strips or dice into cubes.





# Celtuce

Also known as:  
Celery lettuce  
Asparagus lettuce  
Wosun  
(Chinese name)  
Stem Lettuce

## Top Tips

Both leaves and the  
stem are edible  
Can be eaten raw or  
cooked  
Pickled  
Roasted  
Stir - fried  
Steamed

