
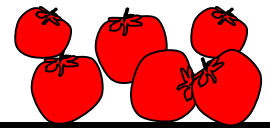


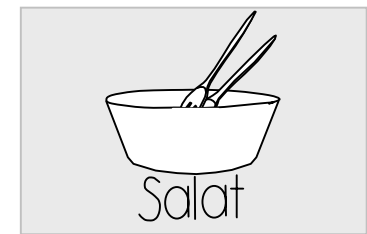
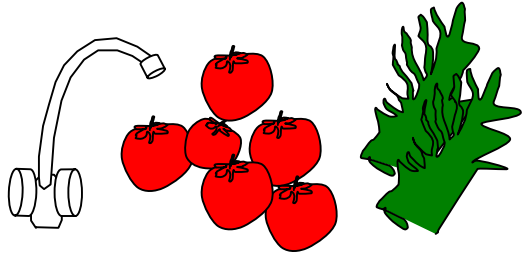
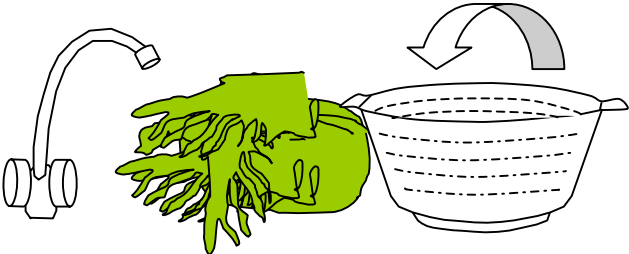
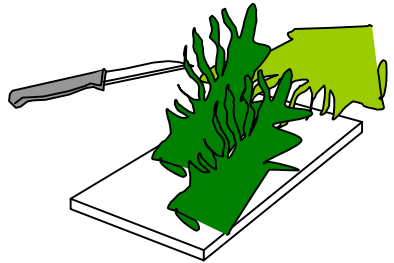
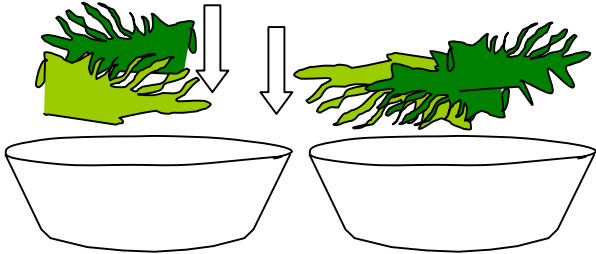
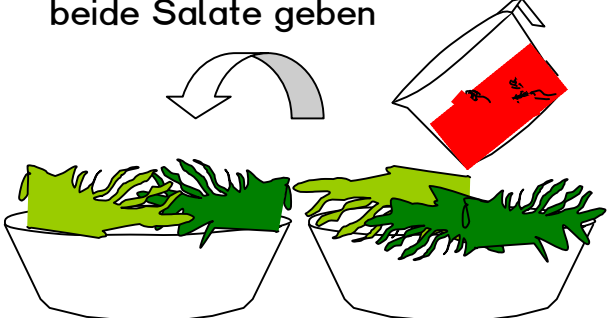
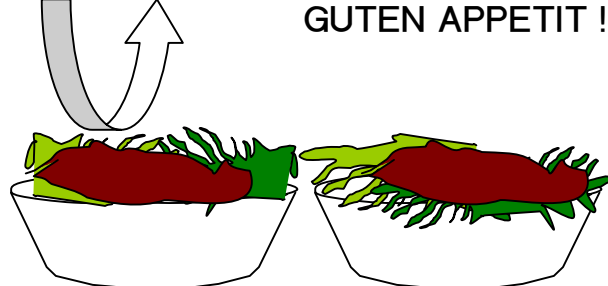


Eisbergsalat in Tomatenvinaigrette (Beilage oder Vorspeise)

Zutaten:

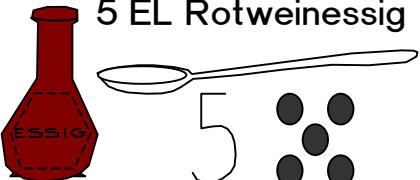



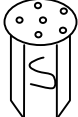


2 Eisbergsalate 	6 Tomaten 	300 Gramm Rucola 
Salatsoße nach Rezept: Tomaten-Vinaigrette 		



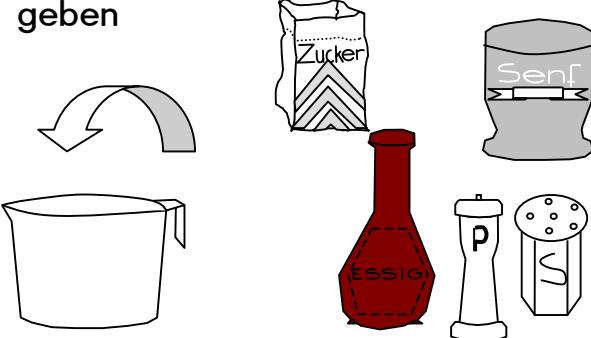
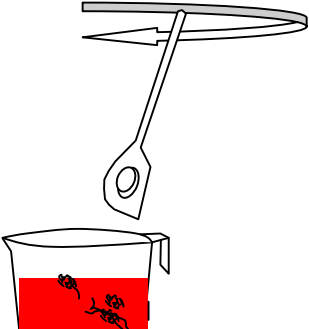
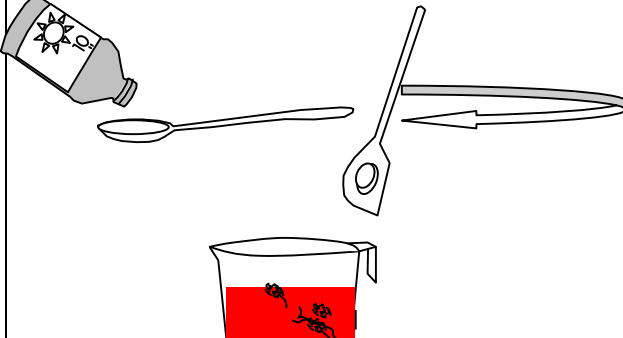
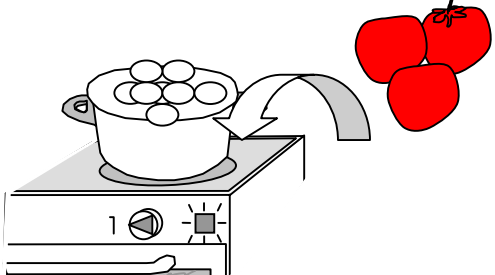
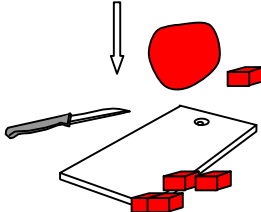
1 Tomaten und Rucola waschen 	2 Eisbergsalat zupfen, waschen und in einen Durchschlag geben 	3 Eisbergsalat und Rucola abtrocknen und klein schneiden oder zupfen 
4 Den geschnittenen Salat in zwei Schüsseln geben 	5 Fertige Tomaten-Vinaigrette über beide Salate geben 	6 Tomaten-Vinaigrette unterheben. GUTEN APPETIT ! 

Tomaten-Vinaigrette für Eisbergsalat

Zutaten:

<p>5 EL Rotweinessig</p> 	<p>2 EL Senf</p> 	<p>1 Prise Zucker</p> 	
<p>16 EL Olivenöl</p> 	<p>Salz</p> 	<p>Pfeffer</p> 	<p>gewürfelte Tomaten</p> 



<p>1 Zutaten in einen Rührbecher geben</p> 	<p>2 Alles gut verrühren</p> 	<p>3 Olivenöl unterrühren</p> 
<p>4 Tomaten in kochendes Wasser legen, bis die Haut platzt</p> 	<p>5 Tomaten in kaltem Wasser abschrecken. Die Haut abziehen. Abgezogene Tomaten würfeln</p> 	<p>6 Tomatenwürfel unter die fertige Marinade mischen</p> 