

THE CLASSIC WALDORF

WHAT YOU'LL NEED

- 3oz/85g walnut halves (18-20 whole nuts)
- 1 tsp butter
- sea salt
- freshly ground black pepper
- 2 Granny Smith apples
- 1/d head celery (approx. 6 good crisp sticks)
- 1 heaped tbsp live natural yoghurt
- 1 heaped tbsp mayonnaise
- freshly squeezed juice of ½ lemon
- 1-2 tbsp walnut oil
- pinch of sea salt
- freshly ground black pepper
- 1 tbsp balsamic vinegar

WHAT TO DO

1. Whether you are cracking the nuts yourself or have bought them ready shelled, check the walnut halves for any of the tough membranes that may have been left on and remove them. Chop the walnut halves roughly and put them in a small saucepan with a teaspoon of butter, a pinch of sea salt and a few grinds of black pepper. Stir them around over a medium heat until the butter has fully melted, the nuts are beginning to sizzle a bit and there is a wonderful toasty smell. If you're short of time, use the walnut pieces as they are however, the extra time spent pan-frying the walnuts is well worth it. Remove the pan from the heat and set aside.
2. Wash and wipe dry the apples. Cut them into quarters and cut out the pips and core from each quarter. Cut the quarters in half again lengthways and cut each of these segments into three or four pieces. Place them in your serving bowl.
3. Scrub the celery under a running tap and wipe it dry. If the stalks are v 1in/1/2 cm cut them in half lengthways. Then cut all the stocks into small s angle, max ½in/1cm wide.



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4. Mix all the dressing ingredients together using a fork and pour the dressing over the apples and celery. Add the walnut pieces and toss everything together. Dribble the balsamic vinegar over the salad just before you eat it. It will bring it to life.
5. Eat immediately, or leave it in the fridge for half a day or so – the flavours will have combined even better – but remember to let it warm up to room temperature before eating it. Cold food straight from the fridge doesn't taste anything like it does when it's at room temperature.



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