

# XCentric Ideas

Lettuce skip the  
salad ...

Recipes from Internet  
All photos my own

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by  
ALMA PRETORIUS  
alma@xcentricideas.co.za  
www.xcentricideas.co.za

# Why lettuce?

Except for the 1<sup>st</sup> recipe, I've used only **ICEBERG LETTUCE**.

I like the crunch – I suppose that's the main reason.

Look, everyone knows lettuce goes into a salad. Or with the new Banting diet, you use lettuce leaves as a wrap or as the 'bun' for a burger.

Sometimes you have leftover lettuce in your fridge – but it wilts fast.

Trust me – these recipes are to die for! Hein loved the lettuce mousse and the lettuce quitata! I loved every single recipe!!!!

This is to show you how creative you can be! With minimal effort.

# Grilled Lettuce



*Yeah, you'll say .. What??? But believe me, this is just amazing!!!!*

Fresh Cos Lettuce  
Oil (any one)  
Spices / Salt & black pepper  
Hot coals in BBQ

Carefully rinse the whole head of cos lettuce. Lightly pat the lettuce dry. Brush on oil, sprinkle with spices (salt, pepper) and place on hot bbq fire, on the grill for a few minutes a side.

Cut in slices and enjoy! You can also serve this with a yummy dressing ... think creamy blue cheese ...

# Lettuce Pesto

60 g fresh Iceberg lettuce (try and use the greener-colored leaves)  
60 g cheddar cheese, grated  
3 tbsp fresh breadcrumbs (brown/white)  
2 tbsp lemon juice  
5 tbsp olive/sunflower oil  
1 tsp crushed garlic  
Salt, pepper

In food processor, chop the lettuce with the garlic, cheese, lemon juice and oil. Add the bread crumbs and blend. Season it. (You can always add extra lemon juice or oil.)

*Perfect for a dip, or topping for bread/crackers – or use it in a cold pasta/potato salad!!!!*



*Inspiration from River Cottage – absolutely loooooove this recipe!!!!!!*



# Fried lettuce balls

4 cups finely sliced iceberg lettuce  
4 cups fresh brown/white breadcrumbs  
4 large eggs, lightly beaten  
70 g finely grated Cheddar cheese  
1 onion, peeled, finely chopped  
¼ cup finely chopped fresh mint leaves  
2 tbsp cumin seeds  
oil, to fry

To make lettuce balls, blanch lettuce in boiling water for 1 minute, then refresh in ice water. Drain. Spin to ensure lettuce is dry. Combine all ingredients (except the oil) in a large bowl and season well with salt and pepper. Roll into walnut-sized balls.

Heat a medium frying pan over medium heat, then add oil and cook lettuce balls, in batches, for 2-3 minutes or until golden and crisp. Remove from heat.

*Seriously addictive!!!!!!  
I made a small batch using 1 cup  
lettuce, 1 cup crumbs, etc.*

Recipe: adapted from <https://au.tv.yahoo.com/my-kitchen-rules/recipe/16349591/hungry-caterpillar-lettuce-herb-balls-with-lamb-skewers-and-tzatziki/#page1>

# Lettuce Mousse

*This is sort of a 60's dish – suppose it's technically a salad ... but this is fantastic!!!!!! It is soo refreshing and cool!!!*

2 cups firmly packed sliced (not too fine) fresh iceberg lettuce  
125 g carton smooth cottage cheese with chives (or just add your own chives or leave it out)  
½ cup mayonnaise  
1 x 80g packet green (greengage) jelly  
1 tsp chillies, crushed (optional)  
Salt, pepper

Make the jelly as per instructions. Let it set halfway.

Mix the cottage cheese, mayo, lettuce, chillies, salt and pepper with a whisk – then mix in with half set jelly till smoothish, spoon into molds and refrigerate till set completely.

Recipe: my own



*I used small molds, but make this in a Tupperware ring form and serve it with crackers/toast at your next party. Or with curry, fish, chicken or steak.*



Lettuce



*Once again, you'll say ... are you mad??? NO, trust me – this is spectacular!!!!!! This is a combo of a crustless quiche and frittata.*

quitata

± 220 g fresh Iceberg lettuce, rinsed, chopped roughly (*see left picture*)

½ - 1 onion, chopped roughly

3 large eggs

2 tsp crushed garlic

Butter

Cheddar cheese, grated

½ cup milk

2 tbsp cumin seeds

Salt, pepper

Crumbled/cubed feta cheese

Preheat oven to 180 oC. Pat the lettuce dry (or dry it in your salad spinner). Heat the butter in pan (that can be used in the oven) on the stove, fry the cumin seeds, garlic and onions on medium heat till nicely golden brown. Remove the pan from the stove. Stir in the lettuce and feta cheese, season. Beat the milk and eggs together and pour into the onion-lettuce mixture. Mix well. Sprinkle with Cheddar cheese and pop into oven on middle rack. Bake for about 10 – 20 minutes, till top is golden and crispy and the centre of quitata is set. Let it cool for a bit.

*If you don't have a pan that is oven-resistant, follow the recipe up to where you add the milk-egg mixture. Transfer the mixture then to an oven pan/quiche pan, sprinkle with cheddar cheese and bake.*

Recipe: my own