

Arugula and Radicchio Salad with Blue Cheese, Oranges and Peppered Walnuts

Adapted from a recipe from (now closed) Terra Restaurant, San Diego



Servings: 5

1. WALNUTS: Place a baking sheet or jelly roll pan next to your range before you start.
2. In a small bowl combine sugar, salt and pepper, and stir to combine.
3. Heat a large wok or heavy skillet over high heat. Add nuts and toss until walnuts are warm, about 1 minute.
4. Sprinkle nuts with HALF of the sugar mixture and toss until the sugar melts. Add remaining sugar mixture and toss again until sugar melts, then IMMEDIATELY pour out onto the baking sheet. Spread nuts out and allow to cool. The nuts won't absorb all of the sugar mixture - it caramelizes, but just throw out the extra. The nuts will keep, stored in a plastic bag, for about 3-4 weeks. (Allow pan to cool, then fill with hot water - I use a nonstick pan for this.)
5. VINAIGRETTE: Combine the liquid ingredients in a blender and puree until smooth. Pour into a jar, add other ingredients, shake and set aside (extra dressing will keep for 2 weeks, refrigerated). You won't use all the dressing on this salad.
6. SALAD: In a large bowl combine the arugula, Romaine and radicchio (or greens). Add enough salad dressing so the leaves shine. Taste for seasonings, then add the crumbled cheese on top, add peppered walnuts and orange slices. Serve immediately.

PEPPERED WALNUTS:

- 2 tablespoons sugar
- 1/2 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 1/2 cup walnut halves

HONEY-WALNUT VINAIGRETTE:

- 3/8 cup honey
- 3/8 cup apple cider vinegar
- 1 cup walnut oil, plus 1 tablespoon
- 1 tablespoon shallots, minced
- 1 tablespoon fresh thyme, minced
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 1/8 teaspoon ground cinnamon

SALAD:

- 1/2 pound arugula
- 1/4 pound radicchio, sliced (or use multicolored greens)
- 2 cups Romaine lettuce, chopped
- 1/4 cup blue cheese (I used Humboldt Fog)
- 1 whole orange, peeled, thinly sliced

Per Serving (excluding unknown items): 611 Calories; 53g Fat (74.2% calories from fat); 6g Protein; 35g Carbohydrate; 3g Dietary Fiber; 4mg Cholesterol; 377mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 10 Fat; 1 1/2 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>