

Caramelized Bacon and Fennel Salad

Originally from Giada de Laurentis, Food Network, using pancetta
Adapted slightly from a Phillis Carey cooking class, 2019



Servings: 4

1. Preheat the oven to 400° F. Line a baking sheet with parchment paper.
2. In a medium bowl, toss together fennel, bacon (and/or pancetta), garlic, brown sugar, olive oil, salt, and pepper. Place the ingredients on the baking sheet in a single layer. Cook until the bacon is crisp and the fennel is caramelized, about 25-40 minutes. Remove from the oven and let cool for 5 minutes. Can be made ahead an hour or so - allow to sit at room temp until ready to prepare the salad.
3. In a large bowl, place the salad greens, crumbled bacon and caramelized fennel. Toss the salad with the Red Wine Vinaigrette and serve immediately.
4. VINAIGRETTE: Mix the vinegar, lemon juice, honey, salt, and pepper in a jar with a tight lid. Add oil, screw the lid tight and shake to mix well. Refrigerate unless you're using it right away. Season the vinaigrette, to taste, with more salt and pepper, if desired. Don't overdo the acid (red wine vinegar and lemon juice) as you want the dressing to have a good balance. Dip a spinach leaf into the dressing and taste it to see if the dressing needs more oil or acid.

- 1 bulb fennel bulb, halved and cut into 1/2-inch wedges
 - 5 slices thick-sliced bacon, cut into thin narrow strips, or pancetta, or a mix of both
 - 2 cloves garlic, minced
 - 1 tablespoon brown sugar (or Monkfruit Brown)
 - 1 tablespoon EVOO
 - 1/4 teaspoon salt
 - 1/8 teaspoon freshly ground black pepper
 - 5 ounces mixed salad greens, about 6 to 7 cups to serve 4 (I used baby spinach, arugula and Romaine)
- VINAIGRETTE:
- 2 tablespoons red wine vinegar
 - 1 tablespoon lemon juice
 - 1/2 teaspoon honey
 - 1/2 teaspoon salt
 - 1/8 teaspoon freshly ground black pepper
 - 1/4 cup EVOO

Per Serving (excluding unknown items): 331
Calories; 30g Fat (80.6% calories from fat);
6g Protein; 10g Carbohydrate; 2g Dietary
Fiber; 23mg Cholesterol; 739mg Sodium; 7g
Total Sugars; trace Vitamin D; 51mg
Calcium; 1mg Iron; 400mg Potassium;
101mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com