

Pear, Arugula and Fennel Salad

Adapted slightly from James Clark, Croce's Restaurant, San Diego, 3/2012



CHAMPAGNE VINAIGRETTE:

- 1 tablespoon shallots, minced
- 1 teaspoon garlic, minced
- 1/2 cup champagne wine vinegar
- 1 cup extra virgin olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon sugar, or honey [my addition]
- 1/4 teaspoon star anise, ground to a powder

SALAD:

- 1 small fennel bulb, very thinly sliced
- 1 pound arugula, baby leaves
- 2 whole pears, Bosc or red
- 1/2 cup gorgonzola cheese, crumbled
- 1/2 cup walnuts, toasted, chopped

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

Servings: 8

If you make this according to the restaurant's version, the dressing is a bit on the tart side. I think it needs just a tiny jot of sweet - sugar, agave or honey (see note in ingredients).

1. **VINAIGRETTE:** Puree all the ingredients in a blender until thoroughly mixed. Dressing will not emulsify because there are no ingredients in it to help it do so, so you'll need to put it in a shaker container and shake vigorously before serving it. Dressing will keep for up to a month.
2. **SALAD:** In a mixing bowl combine the fennel, arugula and add the vinaigrette to taste. You will not use all the vinaigrette. Place on each plate and top with gorgonzola crumbles, sliced pear and walnuts.

Per Serving (excluding unknown items): 386 Calories; 37g Fat (81.2% calories from fat); 7g Protein; 13g Carbohydrate; 3g Dietary Fiber; 13mg Cholesterol; 466mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 7 Fat; 0 Other Carbohydrates.