

# Romaine Salad with Oranges, Walnuts and Pecorino

Adapted slightly from Joanne Weir's *More Cooking in the Wine Country*



**Servings: 6**

*My changes: I used 3 oranges, a lot less cheese. I added pepper to the nuts and I used less dressing on the whole salad than suggested. So the calorie count you see below is WAY off!*

## TOASTED WALNUTS:

- 3/4 cup walnut halves
- 1 tablespoon walnut oil
- 1 tablespoon sugar
- 1/4 teaspoon salt
- 2 pinches freshly ground black pepper

## SALAD DRESSING:

- 1 teaspoon orange zest
- 3 tablespoons fresh orange juice (squeezed from one of the oranges listed below)
- 2 tablespoons sherry vinegar
- 3 tablespoons extra virgin olive oil
- 1 tablespoon walnut oil

1 medium shallot, finely minced

## SALAD:

- 2 small romaine lettuce heads, outside leaves removed (use only hearts)
- 4 whole oranges, Cara Cara or Navel
- 3 ounces Pecorino Romano cheese, shaved for garnish (or use Manchego or Parmigiano-Reggiano cheese)

Salt and freshly ground black pepper to taste

*Serving Ideas: Alternatively, you could compose this salad to be eaten out of hand - if so, place leaves on the platter and drizzle with dressing, a bit of cheese and nuts. Cut the oranges into small pieces and evenly space them along the leaf as best as possible. You could also chop up the walnuts into much smaller pieces and sprinkle them the full length of each leaf too.*

- 1. TOASTED NUTS:** Preheat oven to 375°. Place walnuts in a small bowl, add the oil and toss to coat. Add sugar, salt and pepper. Spread nuts on a baking sheet, in one layer (line pan with foil for easy cleanup) and bake until they are just turning a medium brown (don't burn!), about 6-8 minutes. Set aside to cool.
- 2. SALAD:** Grate enough zest from an orange to measure 1 teaspoon. Cut orange in half and squeeze the juice (use some in the dressing below).
- 3.** With remaining 3 oranges cut off ends, then using a paring knife carefully trim off all the peel. Turn orange on its side and slice 8-9 slices per orange. Set aside.
- 4. DRESSING:** In a small jar combine the orange zest, orange juice, walnut oil, olive oil, sherry vinegar, shallot, salt and pepper. Shake and set aside. You may leave this at room temp for a few hours; otherwise refrigerate. Return to room temp before serving.
- 5. ASSEMBLY:** On a large platter place the Romaine lettuce leaves (flattening them slightly, if possible). Using a spoon, drizzle each leaf with the well mixed dressing. Add the orange slices at the base end, and garnish entire salad with the Pecorino cheese and walnuts. Serve immediately with a pie wedge so each person can lift a complete leaf to a plate.

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Per Serving (excluding unknown items): 222 Calories; 16g Fat (62.7% calories from fat); 7g Protein; 14g Carbohydrate; 2g Dietary Fiber; 11mg Cholesterol; 353mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

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