

Rustic Green Salad with Roasted Figs, Goat Cheese and Pecans

Figs from David Libovitz, dressing from Michelle Anna Jordan, salad was my combination.

Internet Address:



ROASTED FIGS:

- 1 pound fresh figs
- 4 sprigs fresh thyme
- 2 tablespoons Grand Marnier, or Cointreau
- 1 tablespoon light brown sugar
- 2 tablespoons honey
- three 1-inch strips of fresh lemon zest

MOLASSES HONEY VINAIGRETTE:

- 1 tablespoon molasses
- 1 tablespoon honey, warmed
- 3 tablespoons sherry vinegar
- 1/2 teaspoon kosher salt
- 1/2 small shallot, minced
- 1 1/2 tablespoons chopped pecans, toasted
- 1 teaspoon freshly ground white pepper
- 1/2 cup extra virgin olive oil

SALAD:

- 1/2 head Romaine lettuce, chopped
- 1/2 cup Savoy cabbage, chopped
- 1 cup arugula, or other greens
- 3 cups head lettuce, chopped
- 1/2 cup goat cheese, soft type, cut into 1/2 inch chunks

Servings: 8

1. FIGS: Preheat the oven to 400°F (200°C).
2. Slice the tough stem end off the figs and slice each in half lengthwise.
3. Toss the figs in a large baking dish with the thyme, red wine or liquor, brown sugar, honey, and lemon zest. Turn the figs so that they are all cut side down in the baking dish, in a single layer.
4. For figs that are softer and juicier, cover the baking dish snugly with foil and bake for 15 to 20 minutes, or until the figs are softened and cooked through. For figs that are firmer, with less liquid, roast them in the oven, uncovered, for 30 minutes, or until cooked through. If desired, and the figs are not quite golden brown, turn on broiler and just cook long enough for them to get a golden sheen.
5. When done, remove the baking dish from oven, lift off the foil, and let the figs cool completely. Variation: For more savory figs, replace the liquor with one or two tablespoons balsamic or sherry vinegar. Storage: Roasted figs can be stored in the refrigerator for up to one week. You won't use the fig baking juices in the salad - save it and drizzle it over vanilla ice cream, or use any left over goat cheese with this juice drizzled over it (with crackers).
6. SALAD DRESSING: Place molasses and honey in a large screw-type jar (to hold 2 cups or more), then add vinegar and salt. Close jar tightly and shake vigorously until mixture is smooth.
7. Add shallot, pecans (if using), white pepper and olive oil. Close jar and shake again.
8. Taste and correct for sweetness, acid, salt and/or oil as needed. Use immediately, or store covered, at room temperature for up to 3 days. Shake dressing vigorously just before serving.
9. SALAD: Combine lettuces (you can use your own choice, but make some of them the more sturdy types) in a large salad bowl. Toss with dressing (taste it and don't add too much) and garnish with the goat cheese and roasted figs on top. Serve to raves - I guarantee it.

Per Serving (excluding unknown items): 266 Calories; 17g Fat (57.4% calories from fat); 4g Protein; 25g Carbohydrate; 4g Dietary Fiber; 7mg Cholesterol; 152mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 3 Fat; 1/2 Other Carbohydrates.

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