Radicchio & Belgian Endive Salad with Spicy Pecans

Carolyn T's Main Cookbook

Servings: 8

Author: Adapted slightly from a recipe at Martha Stewart's bulletin board



1/2 cup dried cranberries
3 tablespoons bourbon, or orange juice
PECANS:
1 cup pecans, chopped
1 tablespoon brown sugar
1/2 teaspoon cayenne
1/2 teaspoon ground cumin
SALAD DRESSING:
1/4 cup red wine vinegar, better quality the better
1 tablespoon Dijon mustard
3/4 cup extra virgin olive oil
Salt and pepper, to taste
SALAD STUFF:
2 heads radicchio
3 heads Belgian endive, leaves separated, chopped
1/2 medium red onion, thinly sliced
2 medium Granny Smith apple, peeled, sliced
2 cups celery, chopped
1/4 cup Feta cheese, crumbled
1 head Frisee lettuce (optional)

Blog: Carolyn T's Blog: http://tastingspoons.com

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Per Serving (excluding unknown items): 331 Calories; 31g Fat (83.1% calories from fat); 3g Protein; 11g Carbohydrate; 3g Dietary Fiber; 4mg Cholesterol; 109mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 6 Fat; 0 Other Carbohydrates.

Notes: I omitted the frisee from this just because there was already enough salad, I thought.

Description: Fabulous. Amazing how all the flavors here come together!

1. Soak cranberries in bourbon for 2+ hours. You can reuse the bourbon multiple times.
2, Place the sliced onions in cold water and set aside (removes some of the sharpness).
3. In a medium nonstick skillet combine the pecans, sugar, cayenne and cumin. Heat until the pecans are lightly toasted and brown sugar has caramelized. These nuts are not highly caramelized, so don't expect a coating of sugar.
4. In a jar or small bowl combine the vinegar and mustard. Use a whisk to mix well, and then drizzle in the olive oil until it's thickened. Season with salt and pepper to taste. Refrigerate dressing until ready to serve. (You will probably use all the dressing.)
5. Chop up the radicchio, Belgian endive, red onion (drained), apple and celery and combine with the salad dressing (taste it to make sure you don't use too much dressing). If using the frisee, add it also. Serve on salad plates and top with cranberries, pecans and Feta cheese.