

T. Cook's

Asian Pear Salad

Chef Lee Hillson
[Serves 4]

In this dish, the clean, fruity pears play off of the earthy Maytag blue cheese. The mixed greens provide a vegetal quality while the sweet but sour balsamic vinaigrette rounds off the entire salad. A bottle of Groth Sauvignon Blanc from California is a great match.

Ingredients

6 ounces mixed green salad
1 Asian pear, cut into julienne strips
2 ounces Maytag blue cheese, crumbled

For the vinaigrette:

2 ounces balsamic vinegar
1 Tablespoon Dijon mustard
1 teaspoon chopped thyme
½ teaspoon chopped garlic
½ teaspoon chopped shallot
½ teaspoon honey
4 ounces olive oil
4 ounces salad oil

For the pecans:

2 ounces pecan halves
1 Tablespoon sugar
Pinch of cinnamon
Pinch of cayenne pepper
Salt and pepper to taste



Method

For balsamic vinaigrette, blend the vinegar, mustard, thyme, garlic, shallot and honey in a blender. Add the mixture to a medium bowl. Quickly whisk in oil by hand. Check and adjust the seasoning as needed.

For the spiced pecans, fry the pecans in 350 °F vegetable oil for 3 – 4 minutes. Immediately toss the pecans with the sugar, cinnamon and cayenne. Let cool to room temperature. Store in an airtight container.

To serve, toss the greens, pecans, cheese, pears and dressing in a large bowl. Season with salt and pepper and serve.