



JUST FOR THE KALE OF IT

RECIPE | CRISP MIZUNA + KALE SALAD

w/ tart apples, pears, orange, parmesan, and pomegranate seeds

Ingredients:

- 6 ounces mizuna
- 6 ounces kale, chopped
- 2 granny smith apple, thinly sliced
- 2 Anjou or Bartlett pears, thinly sliced
- Segments of 2 oranges
- ½ cup shaved parmesan
- ½ cup pomegranate seeds
- A pinch of salt
- 1 cup of herbed-lemon vinaigrette

Directions:

Combine all ingredients in a large mixing bowl and toss lightly with the vinaigrette.

Herbed-Lemon Vinaigrette

- 1 tablespoon of Dijon mustard
- ¾ cup extra virgin olive oil
- ¼ cup lemon juice
- 1/4 cup finely chopped parsley
- 1 tablespoon chopped thyme leaves
- 1 tablespoon chopped rosemary
- 1 tablespoon of honey
- Salt and black pepper to taste

Place all ingredients in a mason jar and cover tightly. Shake the mason jar until all ingredients are combined together.



CHEF TIP

Oil to acid (lemon juice or vinegars) ratio is 3 to 1, three parts oil to one part vinegar. Use an emulsifier such as Dijon mustard, mayonnaise or egg yolks to blend the oil and vinegar. An emulsifier not only helps blend the oil and acid but also adds flavor and depth to your vinaigrette.

Neutral flavored oils such as canola and grapeseed and olive oils are perfect for your basic vinaigrette.

Mason jars aren't just good for mixing but they are also great for storing. Mason jar vinaigrettes will keep in the refrigerator for a week.

