

# Main Course Salads



## Mango and Avocado Salad

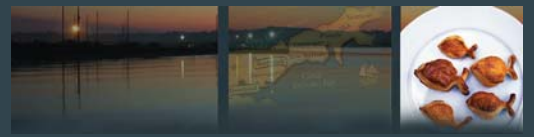
### Ingredients

ITEM#	AMT.	INGREDIENT
99365	2 each	Mango, peeled and julian cut
99730	2 each	Avocado, peeled and cut into small wedges
99694	1 head	Frisee, cleaned
98007	1 lb	Baby Spinach
61705	4 oz	Goat cheese, crumbled
90101	2 oz	Chopped Walnuts, candied
21411	2 oz	Raspberry Vinegar
25116	4 oz	Pumpkinseed Oil
33961	1 tbl	Honey

### Method

- *In stainless steel bowl place raspberry vinegar and slowly add oil in steady stream, adjust seasoning with honey, salt and pepper*
- *In bowl gently toss all ingredients until dressing coats*
- *Serve immediately*

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## Frisee and Baby Arugula with Maytag, Blue Cheese and Apples

### Ingredients

ITEM#	AMT.	INGREDIENT
97816	4 each	Granny Smith Apples, sliced thin
98276	1 lb	Red Grapes, cut in 1/2
90101	8 oz	Walnuts, coarsely chopped
66745	1 lb	Maytag Blue Cheese, crumbled
99697	1 lb	Frisee, cleaned
99535	1 lb	Baby Arugula

### Dressing

ITEM#	AMT.	INGREDIENT
21431	3/4 cup	Plum Vinegar
42501	1 1/2 cups	Walnut Oil
99905	2 tbl	Shallots, chopped
99675	2 tbl	Chives, chopped
21840	1/4 cup	Honey

### Method

- For dressing combine vinegar, shallots, chives and honey and slowly incorporate walnut oil using whisk, season with salt and pepper, set aside
- Combine salad ingredients in stainless steel bowl and toss with dressing
- Serve immediately

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## Herb Seared Salmon and Citrus Salad

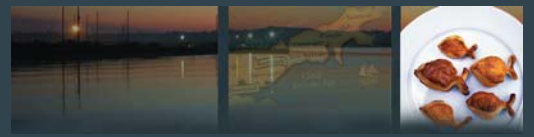
### Ingredients

ITEM#	AMT.	INGREDIENT
65575	2 oz	Salmon Filet
91945	1 tsp	Chopped Cilantro
97633	1 tsp	Chopped Parsley
38921	½ tsp	Ground Cumin
99697	2 head	Frisee
99081	1 oz	Pecans, chopped coarsely
99656	½ each	Orange, segmented
97860	½ each	Grapefruit, segmented
97525	½ each	Lemon, segmented
46041	1 oz	Cider Vinegar
32026	1 oz	Olive Oil
21466	1 tbl	Roasted Chili Oil

### Method

- *Combine parsley, cilantro, cumin, salt and pepper and press salmon filet into seasoning mix to coat evenly*
- *Pan sear salmon till browned on both sides, be careful to not overcook, set aside for a moment to remove any excess oil and compose salad*
- *In stainless steel bowl combine frisee, pecans, and citrus segments*
- *Add olive oil and vinegar and gently toss, adjust seasoning and then place in center of plate*
- *Arrange salmon around the salad and finish with roasted chili oil*
- *Serve immediately*

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## Roasted Baby Beets, Frisee and Goat Cheese In a Fig Balsamic Dressing

### Ingredients

ITEM#	AMT.	INGREDIENT
99697	1 lb	Frisee, cleaned
97209	1 lb	Golden Baby Beets, peeled with tops
99647	1 lb	Baby Carrots, peeled with tops
63455	8 oz	Pistachios,
66740	12 oz	Herb Goat Cheese, crumbled
97237	1 pint	Grape Tomatoes

### Dressing

ITEM#	AMT.	INGREDIENT
46236	3 oz	Balsamic Vinegar
24046	3 oz	Fig Puree
21836	2 tsp	Honey
30351	8 oz	Grape Seed Oil
99676	2 tbl	Chives, fresh chopped

### Method

- *In stainless steel bowl combine vinegar, fig puree, honey and chives, blend well*
- *Slowly add oil whisking continuously, season with salt and pepper and set aside*
- *Drizzle beets and carrots with olive oil, salt and pepper and roast in the oven until tender, set aside*
- *In salad bowl combine frisee, carrots, beets, tomatoes and pistachios, toss with dressing*
- *Serve immediately on chilled salad plates or serving platter, top with crumbled goat cheese and serve immediately*

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## Organic Pear Salad with Manchego

### Ingredients

ITEM#	AMT.	INGREDIENT
98014	5 oz	Organic Mesclun
99018	3 each	Organic Anjou Pears
99625	8 oz	Haricot Vertes
53805	10 oz	Manchego Cheese, shaved
99488	1 lb	Organic Mini Heirloom Tomatoes
25131	¼ cup	25 Year Old Sherry Wine Vinegar
31891	½ cup	Virgin Olive Oil

### Method

- *Cut pears into wedges, baste lightly with olive oil and grill on char grill till tender, set aside*
- *Clean and trim haricot vertes, blanch in boiling water keeping crisp and green, chill immediately and set aside.*
- *Shave manchego cheese, and wedge tomatoes into bite size, set aside*
- *Combine greens with tomatoes, grilled pears, haricot vertes, manchego cheese and drizzle with oil and vinegar, season with sea salt and fresh ground black pepper*
- *Serve immediately on chilled plates and top with manchego cheese*

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## Mizuna and Red Oak Salad

### Ingredients

ITEM#	AMT.	INGREDIENT
98898	6 oz	Baby Mizuna
99650	6 oz	Baby Red Oak Leaf Lettuce
97016	1 head	Asparagus, trimmed and grilled
99665	1 lb	Portobello Mushroom, cleaned and grilled, cut into strips
99905	1 tbl	Shallots, chopped
99983	2 each	Spanish Lemons, juiced
31891	½ cup	Olive Oil
66215	3 oz	Shaved Provolone

### Method

- *In stainless steel bowl combine juice of lemons, shallots and slowly incorporate olive oil, adjust seasoning with salt and pepper*
- *Combine greens with grilled asparagus and Portobello, toss gently with dressing*
- *Place on serving platter and top with shaved provolone*
- *Serve immediately*