

THE HIGH AND MIGHTY PEAR SALAD

Better Homes and Gardens, October 2008

Ingredients:

4 Ripe Pears
2 c. Watercress
2 TB Toasted Walnuts
2 oz. Crumbled Blue Cheese
Honey

Vinaigrette Dressing

MAKES ABOUT 1/4 CUP

Red wine, white wine, or champagne vinegar will work in this recipe; however, it is important to use high-quality ingredients.

INGREDIENTS

- 1tablespoon wine vinegar
- 1 1/2teaspoons very finely minced shallot
- 1/2teaspoon regular or light mayonnaise
- 1/2teaspoon Dijon mustard
- 1/8teaspoon table salt
- Ground black pepper
- 3tablespoons extra-virgin olive oil

INSTRUCTIONS

1. *Combine vinegar, shallot, mayonnaise, mustard, salt, and pepper to taste in small bowl. Whisk until mixture is milky in appearance and no lumps of mayonnaise remain.*

2. Place oil in small measuring cup so that it is easy to pour. Whisking constantly, very slowly drizzle oil into vinegar mixture. If pools of oil are gathering on surface as you whisk, stop addition of oil and whisk mixture well to combine, then resume whisking in oil in slow stream. Vinaigrette should be glossy and lightly thickened, with no pools of oil on its surface.



Core smooth skinned pear from bottom, keeping stem intact. Slice pears in four horizontal slices; brush cut sides with lemon juice. Set aside. Combine watercress, walnuts, blue cheese and dressing (add enough dressing until lightly coated but not drenched). Reassemble pears with salad mix in between. Drizzle with honey and serve.