

CHBC Demo Recipes

Warm Walnut, Stilton & Pear Salad

(Serves 4)

A

- 1 handful spinach leaves
- 1 handful watercress (can substitute extra spinach)
- 1 head Belgium endive (root end removed, sliced length-wise into strips)
- ½ head radicchio (chiffonade – thinly sliced strips)
- ¼ bulb fennel (matchstick cut)
- ¼ cup extra virgin olive oil
- to taste sea salt and cracked pepper

B

- 2 tbsp extra virgin olive oil
- 1cup walnut halves
- 2 D'Anjou pears (cored and wedge cut)
- to taste sea salt and cracked pepper
- ¼ cup crumbled Stilton cheese
- 2 tbsp rice vinegar

C

- 2 tbsp parsley (chopped)
- 2 tbsp green onion (chopped)
- 1 tbsp tarragon (chopped)

- A. Heat a sauté pan on medium heat. Meanwhile toss together **A** ingredients and arrange on a service platter.
- B. Add olive oil and walnuts to the sauté pan and toast the walnuts for a few minutes. As the walnuts heat up you will smell their nuttiness mixing with the floral aroma of the olive oil. Add the pears at this point. Cook the pear wedges for a couple minutes on each side, until they colour slightly and are warmed through. Season with salt and pepper. Top lettuce with the warm walnuts and pears. Crumble on Stilton and drizzle on rice vinegar.
- C. Sprinkle on chopped herbs.

Roasted pork is an excellent accompaniment to this dish.



Okanagan's Finest Foods

product info: 250.717.6018

catering: 250.317.2055

info@okanagansfinest.com

www.okanagansfinest.com



The Ridge Restaurant

3002 Dunster Road

East Kelowna

250.712.9404

klo@k-l-o.com

www.k-l-o.com/ridge