

Bibb lettuces with Blue Cheese, Toasted Walnuts, Pomegranate and Granny Smith Apple Vinaigrette

1-1/2 cups Granny Smith Apple Vinaigrette
¼ cup Candied Walnuts
1 head of Bibb lettuce
¼ cup Blue Cheese
1 Small Pomegranate

For the Vinaigrette:

1 Granny Smith Apple peeled, cored and rough chopped
1/3 cup unseasoned rice wine vinegar
3 Tbsp. Fresh lime juice
1 cup olive oil
2 tbsp. simple syrup
1/3 cup loosely packed Italian Flat Leaf parsley leaves
1 tsp. Kosher Salt

Combine all ingredients in food processor and puree until smooth. About 2 minutes. Season to taste

For the Walnuts:

Preheat oven to 350
½ cup walnut halves
2 Tbsp. Simple syrup
1 Tbsp. Sugar
½ tsp. ground Cinnamon
¼ tsp. Ground Cardamom
Dash of cayenne

In small bowl combine and mix sugar, cinnamon, cardamom, and cayenne, set aside.

In another small bowl add walnuts and toss with simple syrup. Pour off excess simple syrup.

Sprinkle sugar and spice mixture onto walnuts until well coated. Place on cookie sheet and spread out to form single layer and toast in oven for approximately 15 minute or until golden brown. Set aside to cool before using.

For the Pomegranate:

Pomegranates are known to be the most labor intensive fruit on the planet. Well, I have discovered a simple and effective way to remove the small fruit. You will need a large mixing bowl, Cutting board, knife, and a large kitchen spoon.

Cut the pomegranate in half. Hold half with cut side in facing the palm of your hand. Holding over the bowl, carefully hit the pomegranate with the back side of the kitchen spoon. This will cause the fruit to be knocked out into the bowl. A word of caution to the wardrobe....the pomegranate will project its juice over a wide area...I highly recommend wearing of and apron and dark apparel. You may find that the pith will be mixed in with the pomegranate. Simply cover with water and scoop the floating pith off the top of the water.

Mix all ingredients in a bowl and build the salad on a plate.

This salad has a nice crisp flavor and colorful look. The blue cheese adds a rich flavor to contrast the acidity of the apples. The walnuts and the pomegranate add texture and a depth of favor to the salad