

THREE SEASONS AYURVEDA



Winter Salad *serves four*

Equipment Needed

Paring or small chef's knife
2-bowls
non-stick sauté pan
baking sheet pan
parchment paper or aluminum foil

Ingredients:

2-3 handfuls wild arugula
2 ea. white endive
1 ea. fennel bulb
1 ea. celery root
1-2 oranges
2 oz. soft goat cheese
1 ea. pomegranate or you can purchase separated in a container at store
½ cup candied walnuts
1 ea. Avocado
Lemon vinaigrette “to taste”

Soft Goat Cheese	
1 Ounce	
Calories	60
Total Fat	5g
Carbohydrates	1g
Sodium	160mg
Protein	3g

Walnuts “Candied”	
1 Ounce	
Calories	190
Total Fat	6g
Carbohydrates	1g
Fiber	4g
Sodium	4g
Protein	4g

Caramelized Walnuts – (can be purchased at TJ's)

Equipment

Pot
Bowl
Whisk

Avocado	
3 Ounce	
Calories	167
Total Fat	15.41g
Carbohydrates	8.64g
Fiber	6.8g
Protein	1.96g

Ingredients

½ cup of powdered sugar
½ teaspoon of salt
Pinch teaspoon cayenne
4 teaspoons of water
1 cup walnuts

Directions

Preheat oven to 350 degrees
Line a sheet pan with parchment
In a medium bowl, which together the powdered sugar, kosher salt, cayenne pepper and water
Toss the walnuts in the mixture and coat nuts evenly
Arrange the nuts on the parchment paper and sheet pan in a single layer
Bake for 8 minutes then check to see how caramelized they are, most likely you will leave this in for another 4 minutes but you have to keep an eye on them so they do not burn.
Immediately slide the paper off of the sheet pan and let cool.
Once cool, separate the nuts and set aside.

Mustard Vinaigrette

I have never seen a mustard vinaigrette at the store, but you can also buy an oil and vinegar dressing (not balsamic), at the store.

Equipment Needed

Bowl

Whisk

Damp towel to place bowl on so it does not move around when whisking

Ingredients

2 Tablespoons Dijon mustard

1 cup Olive oil

2 Tablespoons lemon juice

1 Tablespoon Honey or maple syrup

Salt and pepper

Directions:

1. Place 2 Tablespoons of mustard in a bowl (set on a damp towel, so it stays secure during whisking).
2. Whisk the mustard and slowly incorporating the oil, if you add oil too fast the mixture will break and you will have to start over, add the mustard again and then incorporate the broken dressing.
3. Once the dressing is thick and smooth, then add the vinegar. This is really to taste, and you have to be careful not to add too quickly or the dressing will break again.
4. Next, incorporate the sweetener and salt and pepper.

Endive

Cut endive lengthwise into two pieces. Next cut the heart out from the bottom, and then slice lengthwise into a long julienne.

Fennel

Cut the top off (if included), and discard, then cut the bulb in half through the heart, and also remove the heart at the bottom. You will be also slicing this into thin slices (juliennes) but once you remove the heart it will possibly come apart so be careful when slicing.

Orange Segments

Peel the oranges with a sharp knife by cutting the skin off carefully, removing all the white.

Then segment the oranges by holding the orange in one hand and cutting next to the membranes removing the fruit from the orange.

Avocado

Cut in half, de-seed and then slice

Assembly / Finishing

There are few options on how to serve this salad, either as an individual presentation or on a platter.

Make the dressing and toss the arugula, endive and fennel in the dressing.

You can either toss the cheese, orange segments and nuts in the salad or compose the salad on a platter and then decorate the finished salad with orange segments, candied nuts, avocado and goat cheese.



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