

Salt and Serenity

Blood Orange and Green Bean Salad with Hazelnuts and Sherry Vinaigrette

3 blood oranges
1 pound green beans
¼ cup hazelnuts
1 small head frisée lettuce
1 small head radicchio
1 Belgian endive
¼ cup hazelnuts
Pomegranate seeds (optional)

¼ cup sherry (or red wine) vinegar
1 teaspoon Dijon mustard
2 teaspoons honey
½ teaspoon salt
¼ teaspoon black pepper
½ cup extra-virgin olive oil

1. Cut peel, including all white pith, from oranges with a paring knife. Cut segments free from membranes.
2. Cook beans in a large pot of boiling salted water (1 1/2 tablespoons salt for 4 litres of water) until just tender, about 4 minutes. Drain beans and plunge beans into a large bowl, filled with ice water to stop cooking. Drain and pat dry.
3. Preheat oven to 325°F with rack in middle. Toast hazelnuts on a small baking sheet until centers are golden, about 15 minutes (cut one open to test for doneness). Cool to warm, and then rub off any loose skins in a kitchen towel. Coarsely chop nuts.
4. Wash and spin dry frisée and radicchio and tear into bite sized pieces. Cut Belgian endive into bite sized pieces. Place all lettuces in a large mixing bowl and set aside.
5. Place all dressing ingredients in a jar and shake well to combine.
6. Mix salad greens with 3-4 tablespoons of dressing and arrange lettuces on a large platter. In the same mixing bowl, toss green beans with 2 tablespoons dressing. Arrange green beans on bed of lettuces. Top with orange segments, chopped hazelnuts and pomegranate seeds (if using).