

Pear and Kale Salad

Serves 4

The recipe makes more candied maple walnuts, pickled shallots and dressing than you will need for the salad. The walnuts will keep for several weeks in an airtight container at room temperature. The pickled shallots and dressing will keep for 2 weeks in the fridge.

Candied maple walnuts:

1 cup walnut halves
2 tablespoons maple syrup
½ teaspoon kosher salt
Pinch of cayenne pepper

Roasted pears:

4 pears (Bosc or [Star Krimson](#) red pears if you can find them). Pears that are a bit firm work best for this salad.
2 tablespoons olive oil
1 tablespoon maple syrup
½ teaspoon kosher salt
¼ teaspoon black pepper

Pickled shallots:

5 shallots, peeled and thinly sliced into rings
¼ cup red wine vinegar
¼ cup water
2 teaspoons Diamond Crystal kosher salt
1 teaspoon sugar

Salad Dressing:

¼ cup apple cider vinegar
¼ cup apple cider
1 tablespoon honey
1 teaspoon Dijon mustard
½ teaspoon Diamond Crystal kosher salt
¼ teaspoon black pepper
½ cup extra-virgin olive oil

Salad:

70 grams (4 loosely packed cups) washed and dried arugula
225 grams (1 large bunch of Lacinato kale (also known as black kale, Tuscan kale or dinosaur kale)
2 ounces Manchego cheese, thinly sliced or grated (optional)

1. **Make candied maple walnuts:** Preheat oven to 350°F. Line a rimmed baking sheet with parchment paper. Spread walnut halves in a single layer on the baking sheet. Drizzle with maple syrup. Sprinkle with salt, pepper and cayenne. Use your hands to toss everything well, so that all the nuts are coated. Bake for 8-10 minutes. Remove and let cool. Increase oven temperature to 400°F.
2. **Make maple roasted pears:** While the walnuts are toasting, prepare pears. Line a rimmed baking sheet with parchment paper. Cut pears in half, lengthwise. Use a melon baller or grapefruit spoon to remove core from each half. Slice pear halves into ¼ inch slices. Lay pear slices on baking sheet. Whisk olive oil, maple syrup, salt and pepper together in a small bowl. Brush mixture on pear slices. Roast in 400°F oven for 12-15 minutes. You want the pears to take on a roasted colour and soften slightly. Do not overcook.
3. **Make pickled shallots:** In a small bowl, whisk together the vinegar, water, salt and sugar together. Add the shallots and let them “pickle” for about 30 - 60 minutes. Drain shallots and discard pickling liquid.
4. **Make dressing:** Place all the dressing ingredients, **except for the olive oil**, into a glass jar with a lid. Shake well to combine everything. Add olive oil and shake a second time until well emulsified.
5. Wash the kale leaves, strip the leaves off the stems and stack them up, in a pile, on top of each other. Roll the stack of leaves, like a cigar. Hold the “cigar” with your non-cutting hand, and using a sharp knife in your other hand, thinly slice kale into very fine strips. Place sliced kale on a large serving platter or bowl. Add arugula and toss with about 2-3 tablespoons of dressing.
6. Arrange pear slices over greens. Sprinkle walnuts and pickled shallots over salad. Scatter cheese over salad. Serve with extra dressing on the side.

