

# Salt and Serenity

## Persimmon Salad

Serves 4

### Candied Nuts:

- 1 cup mixed nuts and seeds (I used pistachios, pecans and pumpkin seeds)
- 2 tablespoons maple syrup
- ½ teaspoon kosher salt (omit if nuts are salted)

### Dressing:

- 1 teaspoon Dijon mustard
- 1 tablespoon maple syrup
- ¼ cup Champagne vinegar or white wine vinegar
- ½ teaspoon kosher salt
- ¼ teaspoon pepper
- pinch of cumin
- pinch of cinnamon
- ½ cup extra virgin olive oil

### Salad:

- 2 carrots (I used red and purple carrots)
- 5 cups mixed salad (I used a mix of arugula, frisée, radicchio and kale)
- 3 slightly Fuyu persimmons
- 1 pomegranate, seeded
- 2 ounces ricotta salata or feta cheese, crumbled

1. Make candied nuts: Preheat oven to 350°F. Mix nuts and seeds with maple syrup and salt. Arrange in a single layer on a parchment lined baking sheet and toast in oven for 12-15 minutes, until the maple syrup caramelizes. Remove from oven and cool completely.
2. Make salad dressing: Place all dressing ingredients in a jar. Cover tightly with lid and shake well.
3. Wash carrots well. Lay one carrot flat on a counter or cutting board. Using a vegetable peeler, peel along the length of the carrot to create a ribbon. Repeat, rotating the carrot as you go, until the carrot is too thin to peel. For a variety of shapes in the salad, cut the second carrot into coins.
4. Cut the top off the persimmon. Use a vegetable peeler to remove skin. Slice into ¼ inch thick slices or into ½ inch thick wedges.

5. Toss the salad leaves with about  $\frac{1}{4}$  cup of dressing. Arrange leaves on a large platter.
6. Arrange persimmons and carrots over the lettuce bed. Drizzle with a bit more dressing. Scatter pomegranate seeds, nuts and cheese over the top. Serve.