

# Salt and Serenity

## Green and Red Winter Salad

Serves 4

### Salad:

50 grams (about  $\frac{1}{3}$  cup) unskinned hazelnuts  
454 grams green beans, stem end trimmed (if you can find the slender French beans, use those. They are more tender in the winter than regular green beans)  
454 grams sugar snap peas, trimmed  
130 grams (1 cup) frozen green peas  
2 blood oranges  
 $\frac{1}{2}$  cup pomegranate seeds

### Dressing:

2 Tablespoons blood orange juice  
2 Tablespoons red wine vinegar  
 $\frac{1}{4}$  cup extra virgin olive oil  
1 teaspoon honey  
1 teaspoon Dijon mustard  
 $\frac{1}{2}$  teaspoon Diamond Crystal Kosher salt  
 $\frac{1}{4}$  teaspoon black pepper

1. 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). Place hot hazelnuts into a medium sized Tupperware container with a tight-fitting lid and shake the container until all the outer skin of the nuts loosens and fall off the hazelnuts. Remove skinned nuts and discard skin.
2. Cut peel, including all white pith, from oranges with a paring knife. Cut orange into  $\frac{1}{4}$  inch thick slices. ([watch this video](#) if you are unsure of how to do this)
3. Bring a large pot of water to a boil. Add 2 tablespoons Diamond crystal Kosher salt to the water. Add green beans and cook for 3 minutes. Add sugar snap peas and frozen peas and cook for an additional minute. Drain pot and plunge vegetables into a large bowl, filled with ice water to stop cooking. Drain and pat dry.
4. Place all dressing ingredients in a jar and shake well to combine.
5. Arrange green beans, sugar snap peas and green peas on a platter. Scatter orange slices, pomegranate seeds and chopped toasted hazelnuts on top of greens. Drizzle with dressing. Top with additional salt and pepper if needed.