



RECIPE OF THE MONTH

SEPTEMBER 2009

Early Fall Salad

from The Dining Room at The Mount Washington Hotel

Makes four servings.

Early fall is a great time for produce. The end of summer will yield the sweetest berries, and as the first nip of cold comes in, the heartier foods start to come to mind, like nuts, as well as the sweet tartness of those warm-climate fruits, like oranges, which used to be a special treat for late fall and early winter. The change in season leads to thoughts of the robust colors of fall foliage, so incorporate that on your plate with rich colors of mixed greens, which will allow for a blend of flavors especially some of the slightly bitter greens such as frisee.



FOR THE SALAD:

- 6 cups of mixed baby greens (we have used frisee, red oak, and lola rosa)
- 2-3 oranges segmented into supremes
- 1 pint fresh raspberries
- 1/3 cup shelled sunflower seeds, toasted
- ½ cup passion fruit dressing

FOR THE DRESSING:

- ½ cup passion fruit puree, strained (roughly 3 passion fruit depending on size)
- 2 tbsp fresh orange juice
- 1 tbsp honey
- 1 tbsp sugar
- ¼ cup canola oil
- salt and pepper to taste

METHOD:

1. Wash and spin dry the salad greens.
2. Trim the oranges into supremes, by peeling the orange with a knife to remove all of the peel and pith, then using a paring knife, cut the meat out of each segment by cutting just to the sides of the inner white membrane, and squeeze the pulp left from the orange for the juice for the dressing.
3. Toast the sunflower seeds in a 350 degree oven for a minute or two until they have just started to brown.
4. Make the dressing by combining all of the ingredients together in a blender until smooth.
5. Place the greens in a small mound in the middle of the plate, then arrange the oranges around the greens, and drop the berries and sunflower seeds onto the salad, so they fall where they want to. Give a rustic look that fits the salad, then use a spoon and drizzle the dressing onto the salad.
6. Serve it forth and enjoy!