

U The Lexingtonienne U

BRUSSELS SPROUT SALAD

Serves 4 for a first-course or side salad

- 2-3 pounds Brussels sprouts
- 1/4 C roasted, salted Marcona almonds (regular almonds will also work)
- 2 T dried cranberries
- 2 T dried blueberries
- Shaved or very thinly sliced Manchego cheese to taste

Have prepared:

- a large pot of boiling water on the stove
- a large bowl of ice water

Peel the leaves from the Brussels sprouts and discard the cores (or save them and sauté them with butter the next day). Blanch the leaves by dipping them in the boiling water until they turn bright green. **This step is VERY quick - only a few seconds.** Quickly remove the leaves from the boiling water and plunge them into the bowl of ice water to arrest the cooking process. You want the leaves to be brightly colored and al dente. Drain the leaves and dry them well; several turns in a salad spinner will do it. This step can be done several hours in advance. Just keep the leaves in a bowl or plastic bag in the refrigerator until ready to use.

In a large bowl, toss together the Brussels sprout leaves, almonds, cranberries, and blueberries. Toss with vinaigrette (recipe below). Plate, and top each serving with a few shavings or thin slices of Manchego cheese.

CHAMPAGNE HONEY MUSTARD VINAIGRETTE

- 3 T champagne vinegar
- 1 T red wine vinegar
- 1 T honey
- 1 tsp sugar
- 2 tsp dijon mustard
- 1 garlic clove, minced or pressed
- Fresh ground black pepper to taste
- 3/4 C olive oil

Combine all ingredients and emulsify (i.e. shake it up real good) in a blender or cruet, adjusting ingredients to taste if desired. This recipe makes more dressing than you need, so you will have plenty left over to do it again!

