

List of Recipes for Salads:

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SALAD WITH BOUDIN BLANC AND CREAMY DRESSING

SERVES 2 AS A MAIN COURSE SALAD

salad

4 boudin blanc sausages

1 tsp butter

6 oz leafy salad mix with bitter greens

dressing

1/2 cup crème fraîche

juice of 1/2 Meyer lemon

3 tbs chopped flat-leaf parsley

1 clove garlic, minced

1/2 tsp Dijon mustard

1. Saute sausage slowly in a small amount of butter. Cook slowly so as not to brown.
2. When the sausage is done, set aside to cool. When cool, cut into one inch pieces.
3. Mix the lemon juice, garlic, mustard and parsley into the crème fraîche.
4. Toss the greens with the dressing.
5. Add the sausage to the greens or top each plate of greens with sausage pieces.

MUSHROOM SALAD

SERVES 4 AS A STARTER; 2, AS A MAIN COURSE

This recipe is an adaptation of a recipe from Jeremiah Tower. It is divine. It is crucial that the ingredients be absolutely fresh.

1 lb cleaned white button mushrooms
3 tbs freshly squeezed Meyer lemon juice
1 tsp fresh rosemary leaves, snipped finely with scissors
1/4 cup extra virgin olive oil
1/2 tsp sea salt
3 tbs crème fraîche
2 tbs finely snipped fresh chives
freshly ground pepper

1. Slice mushrooms vertically into paper thin (1/16") slices.
2. Put olive oil into a bowl. Add lemon juice a tablespoon at a time, whisking all the while. Whisk in the rosemary.
3. Pour this over the sliced mushrooms. Toss gently. Sprinkle with sea salt and toss again with your hands, taking care that all the mushrooms are coated. Let the mushrooms sit for 5 minutes.
4. Put the crème fraîche into a small bowl and thin by whisking. Pour over the mushrooms. Toss lightly so that the crème fraîche is distributed. Let sit for 5 minutes.
5. Serve with the chives sprinkled on top.
6. Pass the pepper at table. (I prefer mine without it.)

POMELO WITH CHIVE CRÈME FRAÎCHE

The pomelo is available at farmers markets in February. It is essential that you choose large white pomelo. They are drier and easier to peel and de-membrane. The chives must be fresh. The salt should be sea salt.

I learned about this dish from a young woman who had spent her honeymoon in Paris. She had been served this salad and had never forgotten it. She told me about it because I make crème fraîche. It is truly exceptional.

*1 large white pomelo
1/2 cup finely chopped chives
1/2 cup crème fraîche
sea salt, to taste*

1. Remove the skin and membrane from each segment of the Pomelo.
2. Pour crème fraîche over pomelo. Mix gently.
3. Top with chives. Mix gently. Leave to blend for 2 hours in the refrigerator.
4. Serve. Pass sea salt at table.