

Chefs A' Field

Culinary Adventures That Begin on the Farm



BEST OF THE GREENHOUSE SUMMER SALAD

By CHEF DAN BARBER OF BLUE HILL RESTURANT

SALAD

- 3** cups mixed micro or baby greens – arugula, beet shoots, kale, etc (whatever is fresh at your farm mkt.)
- 1** cup mixed herbs – parsley, tarragon, chervil, thyme, mint, cilantro, chives (whatever is fresh at your farm mkt.)
- 1** cup soy beans, blanched
- 1** cup haricot vert – cut into 1" pieces and blanched
- ½** cup dried apricots – 1/4" dice
- ½** cup unsalted pistachios, shelled
- Lemonette vinaigrette (recipe follows)
- salt and pepper

Serves 6

LEMONETTE VINAIGRETTE

- ¼** cup lemon Juice
- ⅛** cup water
- 3** tablespoons lemon Oil (recipe below)
- ¾** teaspoon Honey
- ¾** teaspoon onion puree
- ½** teaspoon dijon mustard
- ¾** teaspoon sherry vinegar

LEMON OIL

- 1** qts canola oil
- 4** pieces lemon zest
- ¼** bunch lemon thyme
- ¼** stick lemongrass

FOR THE LEMON OIL:

Combine all ingredients and let sit in a warm spot for 6 hours or overnight.

FOR THE VINAIGRETTE:

Combine all ingredients in a non reactive bowl and slowly add lemon oil and whisk until emulsified.

FOR THE SALAD:

Add all the ingredients and mix well in large salad bowl. Slowly add vinaigrette until salad is lightly dressed.

Courtesy of Chefs A' Field.