

# Frisee Blood Orange Salad

4:15 Minutes into Podcast

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**Prep Time:** 25 Minutes

**Servings:** 4-6

## Grocery List: NON HOUSEHOLD ITEMS

- 2 Bunches Frisee** check the leaves for spots and make sure the bunch is tight
- 3 each Blood Orange** look for spotting, smell the top you should get hit with citrus nirvana
- 1 Honeycrisp Apple** look for bruising, I prefer the smaller ones because they are sweeter
- 1 Fennel Bulb** nice firm bulb, tight large bulbs are best
- Walnuts** toasted preferred so you don't have to, you can sub candied if you want some more crunch
- ½ Pound Manchego Cheese** I prefer young Manchego because the aged stuff gets a little skunky
- Champagne Vinegar** any brand is good but try and stick with something that is not in a plastic bottle, PLASTIC BOTTLE=CHEAP
- 1 Shallot** look for rot spots and make sure it is not soft
- 1 Garlic** Organic is great and does not cost much more, NO PRE-CHOPPED
- Dijon Mustard** Don't skimp on flavor Grey Poupon or high quality
- Bunch Thyme Sprigs** Easiest herb to grow in a pot, once you plant it just keeps going
- Bunch Parsley** Italian flat leaf parsley only, No curly parsley ala Denny's plate garnish
- Olive Oil** Grade by price not too cheap but definitely not the super pricey stuff
- Avocado Oil** If you don't want to spend the extra money you can do vegetable oil
- Black Pepper** fresh cracked is the best in this recipe
- Flake Sea Salt** I love finishing salts like Jacobsen or San Juan SUPPORT LOCAL

## PROBABLY IN YOUR PANTRY

Sugar, Kosher Salt

COOK LIKE CHEF

## **COOKING STEP 1 (Vinaigrette)** 13:57 Minutes into Podcast

½ Cup Champagne Vinegar  
1 Small Shallot, chopped  
1 Clove Garlic, chopped  
1 Tablespoon Dijon Mustard  
2 Sprigs Thyme, chopped  
½ Cup Olive Oil  
¾ Cup Avocado Oil  
Pinch of Sugar  
3 Cracks Black Pepper  
Salt to taste

1. Pull out your blender AKA Smoothie machine
2. Add the vinegar, shallot, garlic, Dijon mustard and fresh thyme
3. Blend for 2 minutes until smooth
4. Mix olive oil and canola oil in an easy to pour container
5. Keep blender going and slowly drizzle in the oil.
6. Drizzle in first ¼ of oil then let blend for 15 seconds, then repeat until all oil is in
7. Add sugar, pepper and salt to taste
8. Turn blender off and put vinaigrette in container and Refrigerate

## **COOKING STEP 2 (Salad Prep)** 19:44 Minutes into Podcast

2 Heads Frisee, cleaned and cut in half  
½ Bunch Parsley, leaves plucked  
1 Honeycrisp Apple, sliced thin  
1 Bulb Fennel, top taken off, stem out and sliced thin  
½ Cup Walnut Pieces, toasted

9. Prep frisee and parsley and place in a large bowl
10. Slice apples and fennel thin and put in bowl with frisee and parsley
11. Use a benriner mandoline if you want to get the apples and fennel razor thin

[Link Here https://www.amazon.com/Benriner-BR-11-E-Japanese-Vegetable-Slicer/dp/B000BI8EDG](https://www.amazon.com/Benriner-BR-11-E-Japanese-Vegetable-Slicer/dp/B000BI8EDG)

12. Toast walnuts and put in a separate bowl

## **THE FINISH LINE (Salad Finish)** 24:23 Minutes into Podcast

¼ Pound Manchego Cheese, grated  
3 Blood Oranges, peeled and segmented [Link here https://www.youtube.com/watch?v=BqXoEEA0ful](https://www.youtube.com/watch?v=BqXoEEA0ful)  
¼ Pound Manchego Cheese, peeled with a vegetable peeler  
3 Cracks Black Pepper  
Flake Sea Salt

13. Get a large platter with tongs to serve the salad on
14. Add walnuts and Grated cheese to the big bowl with salad in it
15. With tongs gently mix the salad not breaking up the ingredients
16. Pour ½ the salad dressing around the outside of the salad or the inner rim of the bowl
17. DO NOT Pour directly on salad mix
18. Gently toss the salad treating everything delicately
19. Taste and make sure your salad has enough dressing, if not add more
20. Place salad on large platter stacked high.
21. Segment oranges and garnish around the salad with the blood orange segments
22. Top with Manchego cheese that is shaved with a vegetable peeler to get long pieces
23. Finish with a couple cracks of black pepper and a sprinkle of nice flaked sea salt.
24. ENJOY!