

ROASTED PEAR, FENNEL AND ROQUEFORT SALAD

EQUIPMENT

CHEF'S KNIFE, MIXING BOWLS, SOLID BAKING TRAY, SPOONS, WHISK

INGREDIENTS

2 RED D'ANJOU PEARS, ½ HEAD FENNEL, 5 SPRIGS PARSLEY, 50GM ROQUEFORT CHEESE,
30GM SLITHERED ALMONDS, 3 SPRIGS THYME, 5GM HONEY, 10G SEEDED MUSTARD, 10GM RED WINE VINEGAR,
APPROX. 80GM EXTRA VIRGIN OLIVE OIL, SALT FLAKES

METHOD

TO BEGIN: PICK THYME LEAVES INTO A LARGE MIXING BOWL AND ADD APPROX. 20GM OF EXTRA VIRGIN OLIVE OIL AND SET ASIDE.

CUT THE FENNEL INTO 2CM WEDGES AND ADD TO THE MIXING BOWL. CUT THE PEARS IN HALF AND REMOVE THE CORE. CUT EACH HALF INTO 4 PIECES AND ADD TO THE BOWL WITH THE FENNEL. SEASON THE FENNEL AND PEARS LIBERALLY WITH SALT AND TOSS WELL. PLACE THE FENNEL AND PEARS ONTO A LARGE SOLID BAKING TRAY AND THEN INTO A PRE-HEATED OVEN COMBI SETTING 230°C FOR 12 MINUTES.

FOR THE DRESSING ADD THE HONEY, MUSTARD AND VINEGAR TO A SMALL MIXING BOWL AND WHISK BRIEFLY TO COMBINE. CONTINUE WHISKING AND START ADDING THE EVOO IN A SLOW STEADY STREAM, CONTINUE WHISKING UNTIL THE DRESSING IS THICK AND EMULSIFIED, CHECK THE SEASONING OF THE DRESSING AND ONCE SATISFIED SET ASIDE.

CRUMBLE THE ROQUEFORT CHEESE INTO SMALL BITE SIZED PIECES AND SET ASIDE IN A SMALL MIXING BOWL. PICK THE PARSLEY LEAVES AND SET ASIDE IN ANOTHER BOWL.

ONCE THE FENNEL AND PEAR HAS ROASTED FOR 12 MINUTES REMOVE THE TRAY FROM THE OVEN AND SCATTER THE ALMONDS OVER THE TRAY. RETURN TO THE OVEN FOR A FURTHER 6-8 MINUTES (SAME TEMPERATURE) UNTIL THE ALMONDS ARE TOASTED AND THE PEAR AND FENNEL CARAMELISED.

ONCE COOKED REMOVE THE PEAR, FENNEL AND ALMONDS FROM THE OVEN AND TOSS THROUGH THE PARSLEY SO IT WILTS SLIGHTLY.

PLACE THE SALAD ON A LARGE SERVING PLATE AND SCATTER OVER THE CRUMBLED CHEESE, FINISH THE SALAD WITH THE HONEY MUSTARD DRESSING DRIZZLED OVER THE TOP AND SERVE.

HINTS & TIPS

- THIS IS A PLAY ON A VERY POPULAR SALAD OF RAW PEAR FENNEL AND BLUE CHEESE, FOR A POINT OF DIFFERENCE CONSIDER ROASTING YOUR SALAD INGREDIENTS AND SERVING YOUR SALADS WARM DURING COLD WINTER MONTHS.
- RED D'ANJOU PEARS ARE VERY COMMON ESPECIALLY IN THE U.S. THIS PEAR UNLIKE OTHERS DOES NOT CHANGE COLOUR AS IT RIPENS. THEY ALSO RIPEN FROM THE INSIDE OUT SO A SLIGHT PRESS AT THE STEM IS THE BEST INDICATOR AS TO WHETHER THE FRUIT IS RIPE OR NOT.