

## surf and turf salad with blueberries, goat cheese, and fennel with maple-orange vinaigrette

6 servings

*(This recipe is on my blog. There is additional information [here](#).)*

- 8 cups fresh greens of your choice
- Juice of 1/2 lemon
- kosher salt, fresh-ground pepper
- 4 ounces **each** cooked salmon and steak, slightly warmed or room temperature and sliced
- 1/2 cup trimmed, cored, sliced, lightly sautéed fennel bulb seasoned with salt, pepper, and crushed red pepper—can sub celery, but I wouldn't unless really necessary\*
- 1/2 cup cooked haricots verts (skinny French beans) or green beans
- 1/2 cup crumbled goat cheese
- 1/2 cup cooked jasmine rice, room temperature-can sub brown rice/quinoa
- 1/2 cup blueberries
- Maple-Orange Vinaigrette (recipe below)

In a very large bowl, mix the greens, the lemon juice, and 1/8 teaspoon each kosher salt and fresh ground pepper. Add the salmon, steak, fennel, beans, cheese, rice, and blueberries. Toss carefully with clean hands. Drizzle on a generous amount of the vinaigrette, toss again, and serve cold or at room temperature. Serve with hefty hunks of country or corn bread and a little bit of butter to keep everyone happy.

**cook's note:** *No beef or salmon? Use grilled chicken or roasted pork tenderloin, or even shrimp.*

*\*TO SAUTE FENNEL: Cut off the long arms and fronds of the fennel, if needed. (Fennel is an herb, you can chop the fronds—the feathery greens) and throw them in the salad, too). Slice the fennel bulb in half vertically. You should see a CORE at its center. Slice that out using two angled cuts to form a “V” around it. Discard the core. Place each fennel bulb half downwards on the board and carefully slice thinly. Heat a medium skillet over medium-high heat with a tablespoon of olive oil. When it’s hot, add the fennel, sprinkle with 1/8 teaspoon each salt, pepper, and crushed red pepper, and let it cook a minute or two. Stir and cook a couple of minutes more. Remove from the pan to a plate and let cool.*

### **maple-orange vinaigrette**

I make my vinaigrette to taste, so these are approximate amounts:

- 1 garlic clove, smashed and minced
- 2 tablespoons white wine vinegar
- 1 tablespoon red wine vinegar
- 2 tablespoons orange juice
- generous pinch each kosher salt and fresh-ground pepper
- 2 teaspoons maple syrup
- 2 teaspoons Dijon-style mustard
- 3 tablespoons extra virgin olive oil

In a glass measuring cup or medium bowl, whisk together the garlic, vinegars, salt, pepper, maple syrup, and mustard. Whisk in the oil, one tablespoon at a time, or just very slowly, until the vinaigrette is totally combined or emulsified. Take a leaf or two of greens and dip them quickly in the vinaigrette. Taste and adjust seasonings if necessary. Does it need more salt? (Try just a pinch more.) Is it too sweet? (Add a ½ teaspoon more vinegar.) Is it boring? (Add a bit more mustard or a drop or two of hot sauce.) Taste test again. Is it ready?

### **WHAT’S A VINAIGRETTE? (vihnuhGREHT)**

**vinaigrette** (*countable* and *uncountable*, plural **vinaigrettes**)

1. A sauce, made of vinegar, oil, and other ingredients, used especially for cold meats, or as a salad dressing.