

Candied Pecan Salad

By Chef John Varanese

Candied Pecans

4 oz. Pecans

1 ea. Egg white, whipped

2 oz. Sugar

Method: Heat pecans in a 350-degree oven on a sheet tray for 2 min. Toss pecans in a bowl with egg whites and 1/2 of the sugar. Bake in oven for 5 min. and toss with remaining sugar and let cool

Caramelized Onion Vinaigrette

1 ea. Onion, Large, sliced

1c. Sugar

1c. Rice Vinegar

3c. Salad Oil

2 ea. Egg Yolks

S&P to taste

Method: Caramelize the onions over a low heat. Place everything except oil in a blender, puree and then slowly emulsify the oil in slowly. Season to taste.

Salad (Makes 4)

4c. Spring Mix (local baby greens)

1/3 c. Dried Cranberries

1 ea. Granny Smith Apples, Sliced

1/3 c Candied Pecans

1/4 c Carrots, Shredded

Caramelized Onion Vinaigrette