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# KITCHEN CONNAISSEUR

## *Crisp Autumn Salad*



Recipe by Serene Choo, Stratford Chefs School

Serves 4-6

### *ingredients*

#### FOR VINAIGRETTE

- 1/3 cup** Basil Flavoured Walnut Oil
- 1/4 cup** Roasted Garlic Olive Oil
- 2 tsp** Dijon mustard
- 1 1/2 Tbsp** Raspberry Wine Vinegar
- To taste** Salt and pepper

#### FOR SALAD

- 2 pinches** Herbs from Provence
- 1 whole** Garlic clove, sliced
- 1 whole** Tomato, ripe (or several cherry tomatoes, halved)
- 2 Tbsp** Roasted Garlic Olive Oil
- 4** Basil leaves, chiffonade (sliced into thin ribbons)
- 1/4 cup** Pumpkin seeds, toasted and cooled
- 1 Tbsp** Hemp seeds, toasted and cooled
- 1 whole** Pear, ripe, sliced in 1/8" slices
- 1/2 pound** Mixed salad greens

### *instructions*

#### **Vinaigrette Directions:**

To make vinaigrette, combine Dijon mustard, Kitchen Connaisseur's Raspberry Vinegar, whisk well.

Slowly drizzle in Kitchen Connaisseur's Walnut and Basil Oil and Roasted Garlic Olive Oil. Salt and pepper to taste. Chill until ready to use.

#### **Salad Directions:**

Preheat oven to 300F.

Slice tomato into 1/4" slices, drizzle Kitchen Connaisseur's Roasted Garlic Olive Oil, sprinkle Kitchen Connaisseur's Herbs from Provence, garlic, and salt and pepper.

Place in oven and bake for 30-40 minutes or until halved in volume. Cool and set aside.

Slice roasted tomatoes into thick julienne (1/4") pieces if using tomatoes.

In a separate bowl, place salad greens and toss lightly with vinaigrette, toss in pumpkin and hemp seeds, some basil chiffonade, parmigiano-reggiano, roasted tomatoes, and pear slices.

To serve, lightly drizzle vinaigrette on plate, add rest of basil chiffonade, place a mound of mixed greens mixture.