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# KITCHEN CONNAISSEUR

## *Asparagus and Wild Mushroom Salad*



**Cooking time:** 40 minutes **Yield:** 10 cups of salad.

This delicious recipe for Asparagus and Wild Mushroom salad was developed by my good friend Nicole. She is a serious cook and foodie. She was asked to bring a salad to a pot luck dinner and this was her offering. I had one mouthful and I had to have the recipe. I made it with her to record the recipe - and I served it many times since. It's perfect when served in a large bowl or platter for a serve yourself gathering. I like it best served warm with a grilled steak. It is also great with a poached egg on top! Enjoy!

### *ingredients*

#### *To Prepare the Salad*

<b>1/2 Cup</b>	Roasted Garlic Olive Oil
<b>4 Cups</b>	Mushrooms - mixed fresh- crimea, oyster, shiitake, portobello, button
<b>4 Cups</b>	Asparagus - fresh, washed and trimmed, cut in 2" pieces
<b>1 Cup</b>	Pecans - whole, washed and dried
<b>1 Tbsp</b>	Tuscan Herb Blend
<b>To Taste</b>	Salt - perferably fleur de sel
<b>To Taste</b>	Pepper - black, freshly ground
<b>140 grams</b>	Stilton- crumbled

#### *To Prepare the Dressing*

<b>1/2 Cup</b>	Roasted Garlic Olive Oil
<b>1/4 Cup</b>	Balsamic Vinegar
<b>1 Tbsp</b>	Dijon Mustard
<b>1 Tbsp</b>	Maple Cappuccino Sauce
<b>To Taste</b>	Pepper- black, freshly ground

## *instructions*

### **Preparing the Mushrooms**

Preheat the oven to 450F. Wash and dry the mushrooms and slice them, being careful to slice large pieces because they will shrink to half size during the cooking process. Spread the mushrooms out on a baking sheet. Toss in the Roasted Garlic Olive Oil, salt, pepper and Tuscan Herb Blend throughout the mushrooms. Place in the center of the preheated oven and allow to bake for 15- 20 minutes, turning once. They should be sizzling but still moist when done. Remove from oven.

### **Preparing the Asparagus**

While the mushrooms are baking, spread the asparagus on a baking sheet. Toss with the Roasted Garlic Olive Oil, salt, pepper and Tuscan Herbs throughout. Place on the upper rack of the oven and allow to bake for 5 - 10 minutes, turning once. They should be cooked but firm when done, and if timed correctly both the asparagus and mushrooms will be done at the same time. Remove from oven.

### **Preparing the Pecans**

Using the stove top, medium high heat and a non stick pan: add 1 Tbsp of Roasted Garlic Olive Oil to the pan. When the oil is hot add the pecans. Stir frequently to prevent burning. The finished product should take about 2-3 minutes and should have a toasted texture. Remove from heat.

### **Preparing the Dressing**

Whisk half of the Roasted Garlic Olive Oil and Dijon mustard together. When it is emulsified add the Maple Cappuccino Sauce. Continue to whisk and add the remaining Roasted Garlic Olive Oil. Whisk in the Balsamic Vinegar and pepper. Taste and adjust seasoning. Remember the stilton is salty so do not add salt until the salad is mixed.

### **Mixing the Salad**

Toss the warm mushroom, asparagus, and dressing together. Place in a large bowl or platter. Top with the toasted pecans and crumbled cheese. This salad can be served warm or cold. It is delicious with grilled steak, chicken, salmon, and a poached egg.