

MIXED GREENS SALAD WITH EDIBLE FLOWERS

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This salad is enjoyable year-round, but especially in spring and summer, when these greens and berries are in their prime! I suggest using a combination of softer flavored greens (bibb, red leaf, romaine) with somewhat stronger tasting greens (watercress, arugula, spinach) for a well-balanced flavor profile.

The slight bite of the blue cheese pairs extremely well with the brightness of the berries, and the edible flowers add an herbaceous dimension, as well as beauty in presentation. The vinaigrette is one you may find yourself using over and over for other salads, as well.

YIELD: 6 - 8 Servings

VINAIGRETTE: Approx. 2/3 cup

¼ cup extra virgin olive oil
¼ cup red wine, champagne or white balsamic vinegar
1 teaspoon lemon juice
¼ teaspoon garlic, minced
1 teaspoon Dijon mustard
½ teaspoon dried tarragon
salt and pepper, light sprinkle of each, to taste
¼ - ½ teaspoon honey, to taste, if needed

1. Combine all ingredients in small mixing bowl; whisk together until emulsified.
2. Use immediately or cover and refrigerate for up to 2 weeks. Bring to room temperature before using.

SALAD:

6 cups cleaned salad greens (any combo - watercress, arugula, bibb, frisee, red leaf, romaine, spinach)
1 cup fresh berries, gently washed and air dried (raspberries, blackberries, blueberries, or combination)
½ cup chopped hazelnuts
½ cup smoked blue cheese, crumbled
Sprinkling of edible flowers (Pansies, Johnny Jump-Ups, Bachelor Buttons) - gently washed, air dried, petals only, pistils and stamens removed.

1. In large bowl, place the salad greens. Drizzle a small amount of the vinaigrette on top of toss to lightly coat. Add more vinaigrette, if needed, but just enough to lightly coat. There will be extra vinaigrette to use later.
2. Either on individual salad plates or on a large platter, arrange the dressed salad greens. Top with berries, hazelnuts, and blue cheese crumbles. Sprinkle with your choice of edible flowers. Serve immediately.