

Seasonal Eating



Green Salad with Pears

Pecans
Sugar
Romaine lettuce
Balsamic vinaigrette dressing
Canned or fresh pear, sliced
Blue cheese

To sugar pecans, pour a medium thick layer of sugar in a small frying pan. Place over medium high heat and watch until sugar melts. Add pecans and stir to coat. Turn out onto silpat or foil and let cool. Break into pieces. You will need to watch closely so that the sugar doesn't burn but just melts. Nuts should be at room temperature or warmer. Wash and dry lettuce and tear into bite sized pieces. Toss with dressing and place on serving plates. Arrange slices of pear on top. Crumble cheese over the top and sprinkle with sugared pecans.