

Salad - Cranberry, Chestnut and Pear Salad

Show: Dec 18th

Ingredients :Serves 8

1 cup chestnuts
1 1/2 cups cranberries
3 tbs sugar
3 pears
Lemon juice
1/4 cup lime juice
2 tsp Dijon mustard
3/4 tsp salt
2/3 -1 cup olive oil
1/4 cup scallions, chopped
2 bunches watercress, coarse stems removed
1 tbs finely grated lime zest

Procedure:

Make a cross in the flat side of the chestnuts, being very careful not to cut yourself, and place them in a saucepan of water. Bring to a boil and simmer until they can be peeled easily.

Chop the cranberries very coarsely and place them in a small bowl. Toss them with the sugar and chill for at least 1 hour.

Peel, core, and cut the pears into strips, sprinkle with the lemon juice. In a small bowl or measuring cup, mix together the lime juice, mustard, salt, and olive oil.

Mix the pears, chestnuts, and scallions together. Toss the mixture and let it marinate covered for at least one hour, but not more than four hours.

To assemble:

Line a glass salad bowl with the watercress and arrange the pear mixture around the edge. Spoon the cranberries in the center and sprinkle with the lime zest.

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