

SHAVED BRUSSELS SPROUTS SALAD

Serving Size: 1 salad

INGREDIENTS

- 1 ¼ cup raw brussels sprouts
- ¼ cup Cava Dijon Vinaigrette (recipe below)
- ¼ cup chopped candied marcona almonds (recipe below)
- ¼ cup shaved manchego cheese plus a few pieces for garnish (see Chef Tip below)
- Kosher salt to taste
- fresh cracked black pepper to taste



METHOD

1. Using a mandolin, slice the brussels sprouts very thin. Be careful of your fingers, the mandolin blade is extremely sharp. Wash the brussels sprouts in cold water and spin dry in a salad spinner.
2. Place brussels sprouts, cava vinaigrette, candied marcona almonds, and the ¼ cup of manchego in a mixing bowl. Mix well and season with salt.
3. Place salad in a bowl, garnish with the rest of the manchego and a few turns of fresh cracked pepper.

** Chef Tip: For shaved Manchego cheese use a vegetable peeler and peel long strips of Manchego.*

Continue on Next Page



CAVA DIJON VINAIGRETTE INGREDIENTS:

- ½ bottle or 1 small bottle (375 ml) Cava
- ½ cup extra virgin olive oil
- 2 Tbsp. canola oil
- ⅓ cup smooth Dijon mustard
- ¼ cup honey
- 1 Tbsp. parsley, minced
- 1 ½ Tbsp. white wine vinegar
- 1 Tbsp. shallot, minced finely
- ½ tsp. iodized salt

CAVA DIJON VINAIGRETTE METHOD:

1. Pour cava into a saucepan and boil for 5 minutes, remove from heat and cool completely.
2. In a blender cup, combine cooled cava, honey, Dijon mustard, white wine vinegar, shallot, and salt. Blend until smooth. Slowly drizzle in oil while blending.
3. Pour into a bowl, add the parsley and mix by hand.

CANDIED MARCONA ALMONDS INGREDIENTS:

- 1 ½ cups marcona almonds
- ½ cup powdered sugar
- ¼ cup water

CANDIED MARCONA ALMONDS METHOD:

1. Combine all ingredients in a saucepan and cook on medium heat stirring constantly to prevent burning. Cook until the almonds are a dark amber color.
2. Pour onto a baking sheet that has been sprayed with non-stick cooking spray and let the almonds cool completely.
3. Once cooled, chop almonds by hand.

