

Fiddlehead Arugula Salad

serves 4–6

This dish is a great celebration of spring. Grow early spring arugula in a hoop house or cold frame, harvest some fiddleheads from your favorite secret place (the Creamery!), gather friends, and enjoy this spring feast.

1 cup hazelnuts

1 shallot

1/3 c. white balsamic vinegar

1/2 tsp. salt

1 tsp. dijon mustard

3/4 c. extra-virgin olive oil

4 cups fiddleheads, washed & trimmed

1 T. extra-virgin olive oil

4 c. arugula

1 c. shaved ricotta salata

1 T. aged balsamic vinegar

1 ripe pear, peeled, cut in thin 1/2 slices

Toast the hazelnuts in a 350° oven for 7–8 minutes. Dump onto a towel and rub briskly until the brown, papery skins rub off. Place them on a clean towel and crush them lightly with the bottom of a glass jar or the base of the palm of your hand. Set aside.

Mince one shallot (about 1 T) finely. Place in a small bowl with the balsamic vinegar, salt, and mustard. Slowly drizzle in the olive oil while whisking briskly and constantly. Set aside.

Bring 10–12 cups water to a boil. Add the fiddleheads and blanch for 5 minutes. Drain well. Place in a bowl, add the olive oil, and set in refrigerator to cool.

When the fiddleheads are cool, arrange the arugula on a large platter. Place the fiddleheads in the center. Drizzle the balsamic shallot dressing over the top of the fiddleheads and arugula. With a vegetable peeler or plane, shave the ricotta salata over the top of the salad. Sprinkle on the hazelnuts. Arrange the pear pieces around the edge. Drizzle the thick, aged balsamic vinegar over the top. Enjoy!