



April 10, 2010 – December 18, 2010
Saturdays, 9:00 am to 12:30 pm

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Cathedral of St. Philip | 2744 Peachtree Road NW | Atlanta, GA 30305

Chopped Arugula Salad with Sautéed Pears and Honey Roasted Cashews

From David Jeffries Kitchen


Sauteed Pears:

Ingredients:

3	Bosc Pears
2 Tb or 1 Ounce	Olive Oil or Butter
Pinch	Salt
Squeeze	Lemon

Instructions:

- Peel and cube pears to $\frac{1}{4}$ inch dice.
- Heat sauté pan.
- Add olive oil or butter and heat until slightly smoky.
- Add pears and toss around in pan covering all pear pieces.
- Add pinch of salt.
- Add squeeze of lemon.
- Continue to sauté until just cooked through and golden on all sides.
- Remove from pan and cool.
- This can be prepared one to two days ahead.



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Balsamic Jam Dressing:

Ingredients:

- 4 oz Olive Oil
- 1.5 oz Balsamic Vinegar
- 1 TB Fig or Blackberry Jam
- Squeeze of lemon
- Pinch of salt and pepper

Instructions:

- Place jam in the bottom of bowl in which the salad is to be mixed and served.
- Add Balsamic vinegar and whisk together to loosen up the jam.
- In a steady stream, whisk in olive oil.
- Finish with lemon and salt and pepper, whisking everything together.


Honey Roasted Cashews:

Ingredients:

- 24 Ounces Cashews
- $\frac{1}{2}$ Cup Sugar
- $\frac{1}{2}$ Cup Water
- 3 Tbs Honey
- $\frac{1}{4}$ Tea Garam Marsala

Instructions:

- Pre-heat oven to 350 degrees.
- In a sauce or sauté pan, combine sugar, water, honey, and garam marsala and bring to a boil.



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- Add cashews and toss in honey mixture coating all of the nut pieces.
- Place nuts on a parchment lined baking sheet and place in oven.
- Be sure to continue to mix nuts on sheet every few minutes until evenly colored and golden brown.
- Take out of oven and let cool.
- This can be done one to two days ahead.

Chopped Arugula Salad:

Ingredients:

- 1 Bunch Arugula
- 1 Bunch Sunflower Sprouts
- 1 Recipe Balsamic Jam Dressing
- 1 Recipe Sautéed Pears
- 1 Recipe Honey Roasted Cashews

Instructions:

- Rinse arugula and dry.
- Cut arugula into chiffonade or ribbons, $\frac{1}{2}$ wide.
- Place in bowl on top of balsamic dressing.
- Top with sprouts.
- Add pears and cashews.
- Toss right before serving.