



Roasted Asparagus and Arugula Salad

with preserved lemon-herb vinaigrette

Yield: Serves 4-6

Ingredients:

- 1 Pound Slender Asparagus, tough ends trimmed
- 6 cups Arugula, lightly packed (about 5 ounces)
- 3 Tbsp Chives, chopped
- 1/2 Cup Shaved Parmesan Cheese (optional)

Dressing:

- 2 Large Shallots, chopped
- 4 Tbsp Fresh Lemon Juice
- 4 Tbsp Sherry Wine Vinegar
- 1.5 tsp Dijon Mustard
- 1 Egg Yolk
- 2/3-3/4 cup Olive Oil
- 1 tsp each Dill, Chives, Thyme and Parsley
- Rind from 1/4-1/2 Preserved Lemon, minced small

Procedure:

Dressing:

1. Combine the shallots, lemon juice, vinegar mustard, herbs and egg yolk in a blender or a bowl
2. If using a blender, turn the blender on medium speed and blend until smooth

3. If using an immersion stick blender, blend until smooth
4. Either way, with the blender running, stream the 2/3 cup oil in slowly but steadily to create an emulsified dressing. If dressing is too thick or not enough add the remaining oil with the blender running
5. Once the dressing is done, remove from the blender and mix the lemon rind in by hand.
6. Store in refrigerator for up to 2 weeks

Salad:

1. Spread the asparagus onto a sheet pan, drizzle with olive oil and salt and pepper and roast in a 425 degree oven for 10-15 minutes
2. Chill asparagus before mixing with other ingredients
3. Cut asparagus after it is cooked and cooled into quarters and mix in a large bowl with arugula and chives
4. Right before serving, drizzle with dressing, toss and sprinkle with shaved parmesan
5. Serve immediately