

Mizuna, Pear and Fennel Salad

<p>Equipment:</p> <p>Bowls – 1 medium, 1 large mixing bowl to collect salad leaves, and 1 large serving bowl Colander / salad spinner Chopping Boards Knives Measuring spoons/cups Whisk Tongs</p>	<p>Ingredients:</p> <p>2 firm pears, washed and thinly sliced ½ fennel bulb, washed, trimmed and finely sliced 2 celery sticks, strings removed 1 cup mizuna leaves 4 cups salad leaves from garden, washed & torn 1 tsp honey Dijon mustard Sea salt 1/3 cup extra virgin olive oil 1 tbsp red wine vinegar Parmesan cheese – shavings for garnish</p>
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What to do:

1. Wash all salad ingredients thoroughly and pat dry in a clean tea towel.
2. Tear the salad leaves, including mizuna, into pieces and place in the large serving bowl.
3. Slice the washed pears thinly, removing seeds before adding pear slices to the salad leaves.
4. Trim the fennel bulb and cut into quarters, then cut each quarter into fine slices. Add to the salad bowl.
5. Cut the celery into diagonal slices. Add to the salad leaves and set aside while you make the dressing.
6. Into a medium bowl, pour 1/3 cup of extra virgin olive oil. Add 1 tbsp red wine vinegar, 1 tsp honey Dijon mustard and a pinch of salt. Whisk vigorously to combine the salad ingredients thoroughly.
7. Just before serving, pour the dressing over the salad ingredients, and gently turn the salad using your hands or tongs, until all the leaves are well coated. Season with salt and pepper, and finally, a scattering of parmesan shavings over the top.