

SALAD WITH MAPLE VINAIGRETTE

Ingredients

- 1 head of lettuce, washed and torn, or baby spinach
- 1 pear, peeled and cut into thin slices
- 8 ounces of cherry tomatoes
- 1 can of artichoke hearts,¹ quartered
- 1 handful of cheese curd,² cut into smaller pieces, if necessary
- 1 handful of dried cranberries and blueberries

Vinaigrette

- 4 tablespoons of maple vinegar³
- 2 large pinches of fleur de sel⁴
- ¼ teaspoon of ground pepper
- 1 teaspoon of maple mustard³
- 12 tablespoons of olive oil

Combine the lettuce, pear, cherry tomatoes, artichokes, cheese, and cranberries and blueberries. Whip the ingredients for the sauce or shake them in a covered container to mix well. Pour the sauce over the salad and mix. The ingredients can be arranged on a plate with the slices of pear on top. In that case, pour the sauce by spoonfuls over the pears to keep them from turning dark. Serves 4-6.

ACTIVITÉS

1. Imagine four different salads on which you could use maple vinaigrette.
2. What other raw vegetables could you include in this recipe?
3. At the grocery store, make a list of the different varieties of tomato you find. How are they different? If you are able to organize a tasting, discuss their qualities.
4. At the grocery store, make a list of the vinegars and oils that you find.

What countries do they come from?

What fruits are the vinegars made from?

What fruits are the oils made from?

5. Imagine an Italian salad...Mexican...Chinese...Hawaiian. How would they be different?

Notes

¹ You can also use thawed, frozen artichoke hearts.

² See articles or videos about making cheese.

² Maple vinegar and mustard can be bought on line. If you can't find them, you can use any vinegar or brown mustard. Add 1/2 teaspoon of maple syrup for more maple flavor.

³ Fleur de sel is a luxury product harvested from salt ponds. Among the most famous brands are Fleur de sel de Guérande and that from the Camargue. The first salt crystals which float with the evaporation of the sea water are harvested with a sort of wooden scoop in late afternoon et, according to tradition, by women. Only 3-5 kg of fleur de sel are produced per pond, which explains its high cost. Fleur de sel has lighter and more complex flavor than regular salt. If you substitute regular salt, use only half the amount, that is one large pinch.