

Heartland Chopped Salad



Recipe courtesy of Bobby Flay

Show: Barefoot Contessa: Modern Comfort Food Episode: A Barefoot Thanksgiving



Level: Intermediate

Total: 2 hr 20 min (includes cooling time)

Active: 30 min

Yield: 4 to 6 servings

Ingredients:

1/3 cup dried cranberries

1 bunch dinosaur kale (lacinato kale), ribs removed and leaves coarsely chopped

4 ounces baby spinach, chopped

1 ripe Asian pear, cored, halved and chopped

1 1/2 cups Overcooked Wild Rice, recipe follows

1/2 cup toasted walnuts, coarsely chopped

Pomegranate Molasses Dressing, recipe follows

Overcooked Wild Rice:

1 1/2 cups wild rice

Kosher salt

Pomegranate Molasses Dressing:

1/4 cup white wine vinegar

2 tablespoons pomegranate molasses

1 tablespoon clover honey

2 teaspoons Dijon mustard

Kosher salt and freshly ground black pepper

1/4 cup olive oil

Directions:

1 Bring 1 cup of water to a boil in a small saucepan, add the dried cranberries and let sit for 15 minutes. Drain off excess water.

2 Combine the kale, spinach, pear, Overcooked Wild Rice, walnuts and rehydrated cranberries in large bowl. Drizzle 1/4 cup of the Pomegranate Molasses Dressing over and gently toss until evenly coated. Transfer to a serving bowl and drizzle with more dressing when ready to serve.

Overcooked Wild Rice:

Yield: 3 cups

3 Combine the rice, 6 cups water and 1 tablespoon salt in a large saucepan, bring to a boil over high heat and cook until the grains open all the way, 1 hour 15 minutes to 1 hour 30 minutes. The rice should be very cooked (not even the slightest chewy). Drain well, spread on a baking sheet in an even layer and set aside. Allow to cool to room temperature.

Pomegranate Molasses Dressing:

Yield: 1/2 cup

4 Whisk together the vinegar, pomegranate molasses, honey, mustard, 1/4 teaspoon salt and 1/4 teaspoon pepper in a small bowl until combined. Slowly whisk in the oil until emulsified. The dressing will keep in the refrigerator, tightly covered, for up to 2 days.

