

Braised Endive & Pea Shoot Salad w/ a Citrus Vinaigrette

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 1 hour

Chef's Notes

This is a great salad to make with any leftover braised endives. Instead of pea shoots, try using watercress or arugula.

If you have made the braised endive in advance, be sure to take them out of the refrigerator an hour before assembling the salad so they are not too cold.

Braising the Endive

To prepare the endive, cut off the bottom of the core, being sure to keep the endive intact. Remove any damaged, outer leaves. Cut out about 1" -inch of the core by using the tip of a small paring knife.

Place the endive into a saucepan and squeeze in the fresh lemon juice. Add the orange juice and roll the endives around to cover them in the liquid. Cook, uncovered, until soft, about 30 to 45 minutes. Turn the endives occasionally to ensure they cook evenly.

Once tender, strain the endives in a colander, reserving some of the braising liquid for the vinaigrette.

Step 1: Braising the Endive

- 8 whole Belgian endive
- 2 whole lemons
- 3 cups orange juice

Making the Vinaigrette

Combine the Dijon, white wine vinegar and the reserved orange juice from the braised endives. Whisk in the oil. Add the finely chopped chives and season with salt and pepper. Set aside.

Step 2: Making the Vinaigrette

- 1 tsp Dijon mustard
- 1 tbsp white wine vinegar
- 2 tbsp orange juice (from braised endives)
- 4 tbsp extra-virgin olive oil
- 1 tbsp fresh chives
- 1/4 tsp kosher salt
- 1/8 tsp freshly ground black pepper

Assembling the Salad

Wash the pea shoots and dry thoroughly. Lightly season the pea shoots with oil, salt and freshly cracked pepper to taste; toss gently.

Place two of the endives onto a plate and garnish with about two tablespoons of the vinaigrette, drizzling a little around the plate. Serve.

Step 3: Assembling the Salad

- 1 1/2 cups pea sprouts
- 2 tbsp extra-virgin olive oil
- 1/8 tsp kosher salt or grey salt
- 1/8 tsp freshly ground black pepper