

SUMMER WALDORF SALAD

Gary Parsons, *Group Development Chef*

HARVEY & BROCKLESS

the fine food c^o

Whatever we do, from sourcing amazing food
to delivering it on time,
we always stick to one simple rule...

an absolute dedication to honest, authentic, remarkable food.

SUMMER WALDORF SALAD

Chef Gary Parsons

Ingredients

SERVES 1 PORTION

Salad

EB413 Oxford Blue	60g
Celery, peeled and cut into 3 inch batons - Blanched and refreshed in cold water.	35g
Flat leaf Parsley, picked, washed and drained	5g
Pea shoots, picked, washed and drained	10g
Granny Smith Apple, using a melon ball scoop to create small balls and left in lemon juice	1
Lemon Juice	5ml

Sugared Walnuts

IN166 Cornish Sea Salt	3g
Walnuts	50g
Sugar	15g
Water	2 tbs

Method for the Salad

1. Arrange the celery on your plate and add the crumbled Oxford Blue ontop. Arrange your flat leaf parsley, pea shoots and apple around the plate and finish with the sugared walnuts.

Method for the Sugared Walnuts

1. Preheat your oven to 185C.
2. Blanch your walnuts in boiling water for 2 minutes. Drain and lay out on some kitchen towel to dry.
3. Coat the blanched walnuts in the salt and sugar mix and then add to a non-stick pan with a metal handle and put in the oven for 12 minutes. You can also use a baking tray here if easier.
4. Check on the walnuts every 2 minutes and stir. Once the sugar starts to melt, add 2 tablespoons of water and give the walnuts a good coat of the caramelised sugar.
5. Carefully separate each walnut from each other and leave to cool.



SUMMER WALDORF SALAD
with Oxford Blue, apple, celery and sugared walnuts

Oxford Blue

After running a cheese shop in Oxford's covered market for almost a decade, Baron Robert Pouget spotted a gap in the market for a British blue to rival Continentals, such as Fourme D'Ambert and Gorgonzola. The result was Oxford Blue – a moist creamy cows' milk cheese that has an aromatic finish

Cornish Sea Salt

A pebble's throw from the Atlantic Ocean, the salt house that produces Cornish Sea Salt uses pure sea water from a protected marine zone, which is high in trace elements. It's this purity that gives the salt its fresh flavour and makes it so popular with chefs.
