

VIII. Salads

Hard-cooked Eggs with Sorrel Sauce
Mushroom Salad with Bresaola
Mushroom Salad
Cold Beetroot with Kendall Farms Crème Fraîche
Salad with Boudin Blanc and Creamy Dressing
Radishes, Pumpernickel and Kendall Farms Crème Fraîche
Salade Normande
Lettuce with Mushrooms and Kendall Farms Crème Fraîche Dressing
Cucumbers à la Creme
Spinach Salad with Herb Sauce
Tomato Salad with Dill Cream
Pomelo with Chive Crème Fraîche
Kendall Farms Crème Fraîche Wedge Salad

HARD-COOKED EGGS WITH SORREL SAUCE

SERVES 2

6 hard-cooked eggs, peeled
4 cups sorrel leaves, stemmed, washed and dried
1 cup Kendall Farms Crème Fraîche
1/2 medium sweet red onion, chopped
16 Kalamata olives, pitted and dried
freshly ground black pepper

1. Place the sorrel leaves in a food processor.
2. Add the Kendall Farms Crème Fraîche. Puree to a smooth, fine consistency. (The acid in the Kendall Farms Crème Fraîche will preserve the bright color.)
3. Place 3 eggs in the center of each plate. Spoon over the sauce. Top with a grind of pepper.
4. Place a handful of chopped onions on one side of the sauced eggs; Kalamatas on the other.

Serve with pumpernickel bread and white wine. A perfect balance of flavors.

MUSHROOM SALAD WITH BRESAOLA

TO SERVE 2 AS A LIGHT SUMMER MEAL; 6 AS AN APPETIZER

8 oz fresh button mushrooms
4 tbs Kendall Farms Crème Fraîche
1/4 tsp finely snipped fresh rosemary
1 tbs finely snipped chives
juice of 1/2 Meyer lemon, to taste
freshly ground black pepper
Bresaola, enough to cover each plate, pinwheel style

1. Stir the rosemary, chives and a grind of pepper into the Kendall Farms Crème Fraîche.
2. Stir in enough lemon to thin the crème fraîche. The sauce should be thin and lemony.
3. Slice the mushrooms thinly and place in a large bowl.
4. RESERVE one tablespoon of the sauce. Pour the remainder over the mushrooms in the bowl. Mix gently and thoroughly with your hands. Take care to coat the mushrooms well, but do not break them.
5. Cover each plate with bresaola, pinwheel style. Drizzle the bresaola with the reserved sauce. Top with the dressed mushrooms.

Serve with Campari and soda.

MUSHROOM SALAD

SERVES 4 AS A STARTER; 2, AS A MAIN COURSE

This recipe is an adaptation of a recipe from Jeremiah Tower. It is divine. It is crucial that the ingredients be absolutely fresh.

1 lb cleaned white button mushrooms
3 tbs freshly squeezed Meyer lemon juice
1 tsp fresh rosemary leaves, snipped finely with scissors
1/4 cup extra virgin olive oil
1/2 tsp sea salt
3 tbs Kendall Farms Crème Fraîche
2 tbs finely snipped fresh chives
freshly ground pepper

1. Slice mushrooms vertically into paper thin (1/16") slices.
2. Put olive oil into a bowl. Add lemon juice a tablespoon at a time, whisking all the while. Whisk in the rosemary.
3. Pour this over the sliced mushrooms. Toss gently. Sprinkle with sea salt and toss again with your hands, taking care that all the mushrooms are coated. Let the mushrooms sit for 5 minutes.
4. Put the crème fraîche into a small bowl and thin by whisking. Pour over the mushrooms. Toss lightly so that the crème fraîche is distributed. Let sit for 5 minutes.
5. Serve with the chives sprinkled on top.
6. Pass the pepper at table. (I prefer mine without it.)

COLD BEETROOT WITH KENDALL FARMS CRÈME FRAÎCHE

1/2 lb cooked beetroot
4 oz Kendall Farms Crème Fraîche
2 tsp Dijon mustard
1 tsp balsamic vinegar
1 pinch salt

1. Mix the crème fraîche, mustard, balsamic vinegar, and salt in a bowl.
2. Shave the beetroot in thin slices. Arrange on a dish.
3. Sprinkle with a small amount of balsamic vinegar.
4. Pour the crème fraîche mixture over the beetroot slices. Let stand about an hour before serving.

SALAD WITH BOUDIN BLANC AND CREAMY DRESSING

SERVES 2 AS A MAIN COURSE SALAD

salad

4 boudin blanc sausages

1 tsp butter

6 oz leafy salad mix with bitter greens

dressing

1/2 cup Kendall Farms Crème Fraîche

juice of 1/2 Meyer lemon

3 tbs chopped flat-leaf parsley

1 clove garlic, minced

1/2 tsp Dijon mustard

1. Saute sausage slowly in a small amount of butter. Cook slowly so as not to brown.
2. When the sausage is done, set aside to cool. When cool, cut into one inch pieces.
3. Mix the lemon juice, garlic, mustard and parsley into the crème fraîche.
4. Toss the greens with the dressing.
5. Add the sausage to the greens or top each plate of greens with sausage pieces.

RADISHES, PUMPERNICKEL AND KENDALL FARMS CRÈME FRAÎCHE

pumpernickel bread, thinly sliced

fresh radish, thinly shaved

Kendall Farms Crème Fraîche

1. Using a mandoline thinly shave slices of radish.
2. Spread bread generously with crème fraîche.
3. Top with thin slices of radish.

NOTE: This is delicious as an hors d'oeuvre or as an open-faced sandwich.

SALADE NORMANDE

SERVES 4

1 head escarole, chopped

1 red apple, thinly sliced but not peeled

8 oz cooked baby shrimp

*3/4 cup Kendall Farms Crème Fraîche buttermilk dressing**

*Kendall Farms Crème Fraîche Buttermilk Dressing is in "Sauces and Dressings."

1. Toss all ingredients with the salad dressing. Sprinkle with more dill if desired.

LETTUCE WITH MUSHROOMS AND KENDALL FARMS CRÈME FRAÎCHE DRESSING

SERVES 2 AS ENTREE; 4 AS SIDE

1 head green leaf lettuce, washed and torn
6-8 fresh mushrooms, sliced
4 oz Kendall Farms Crème Fraîche
juice of one lemon, to taste
4 tbs fresh chopped chives (or flat-leaf parsley)
black pepper, a few grinds

1. Mix fresh herbs with crème fraîche. Let stand to infuse. Add lemon juice and ground pepper, to taste.
2. Put lettuce into a bowl. Top with sliced mushrooms.
3. Dress with crème fraîche-lemon mixture. Toss gently.

Note: As entree, top with chunks of cooked chicken breast, shrimp, or hard-cooked eggs.

CUCUMBERS Á LA CREME

SERVES 4

4 medium cucumbers
1 cup Kendall Farms Crème Fraîche
1 tbs paprika
salt
1/2 cup walnuts, finely chopped

1. Peel and very thinly slice the cucumbers.
2. Lightly salt.
3. Toss the cucumbers with the creme fraiche and mix in the walnuts and paprika.
4. Serve in bowls and sprinkle with a little paprika. Serve with French bread.

SPINACH SALAD WITH HERB SAUCE

SERVES 4

1 bunch spinach
3/4 cup Kendall Farms Crème Fraîche
2 hard boiled eggs
2 sprigs fresh tarragon
2 sprigs parsley
salt and pepper

1. Wash the spinach, and tear into bite-size pieces.
2. Chop the tarragon, parsley and eggs.
3. Add the herbs and eggs to the creme fraiche. Season to taste with salt and pepper.
4. Pour the dressing over the salad and toss well.

TOMATO SALAD WITH DILL CREAM

SERVES 4

1 cup Kendall Farms Crème Fraîche
1 tbs dried dill
8 vine ripe tomatoes
3 tbs finely minced sweet red onion
1 oz fresh goat cheese
cracked black pepper

1. Several hours in advance, mix the dill into the creme fraiche. Leave at room temperature so that the dill can scent the creme fraiche.
2. Slice the tomatoes. Add the dill-creme fraiche mixture. Coat the tomatoes well with the sauce.
3. Sprinkle the salad with red onions; crumble the goat cheese over it. Sprinkle lightly with cracked black pepper.

POMELO WITH CHIVE CRÈME FRAÎCHE

The pomelo is available at farmers markets in February. It is essential that you choose large white pomelo. They are drier and easier to peel and de-membrane. The chives must be fresh. The salt should be sea salt. I learned about this dish from a young woman who had spent her honeymoon in Paris. She had been served this salad and had never forgotten it. She told me about it because I make crème fraîche. It is truly exceptional.

1 large white pomelo
1/2 cup finely chopped chives
1/2 cup Kendall Farms Crème Fraîche
sea salt, to taste

1. Remove the skin and membrane from each segment of the Pomelo.
2. Pour crème fraîche over pomelo. Mix gently.
3. Top with chives. Mix gently. Leave to blend for 2 hours in the refrigerator.
4. Serve. Pass sea salt at table.

KENDALL FARMS CRÈME FRAÎCHE WEDGE SALAD

SERVES 4 AS A LIGHT MEAL

1 head iceberg lettuce, cut in wedges
1 cup Kendall Farms Crème Fraîche
2 - 3 tbs fresh lemon juice (preferably Meyer)
3 tbs chopped fresh flatleaf parsley
4 oz crumbled blue cheese or gorgonzola
1/4 cup walnut pieces
fresh cracked black pepper, to taste

1. Cut the head of lettuce into 4 largish wedges.
2. Combine, in a bowl, the crème fraîche, lemon juice (to thin the crème fraîche), chopped parsley and pepper. Taste, adjust.
3. Crumble the blue cheese and stir into sauce. Taste, adjust.
4. Pour the mixture over the wedges and scatter the walnut pieces over the salad.