Fenway Farms’ Kale Salad

Even if you’re far from Fenway Farms you can still give Aramark Senior Executive Chef Ron Abell’s fresh kale salad a try.

Makes 1 salad

Ingredients:
• 1 bunch kale
• 1 small blub fennel
• 1 Granny Smith apple
• ½ cup dried cranberries
• 4 ounces of Vermont goat cheese
• 1 tablespoon of shallots
• 2 teaspoons fresh thyme
• 1 tablespoon of Dijon mustard
• Juice of 1 lemon
• 2 ounces of maple syrup
• 3 ounces of extra virgin olive oil

Method:
1.) Trim thick skins of kale and discard, cut kale into thin ribbons.
2.) Trim stalks off of bulbs of fennel and slice thin on mandolin, submerge in ice water.
3.) Julienne apple (cut into match stick slices).
4.) Toast pecans in a 350 degree oven, until lightly brown, fragrant and then cool. Rough chop.
5.) Crumble goat cheese.
Dressing:
1.) Finely dice shallot and thyme.
2.) Add mustard, lemon juice and maple syrup.
3.) Slowly whisk in extra virgin olive oil.
4.) Season with salt and pepper.

To assemble:
1.) Place kale in medium size bowl and massage with a generous pinch of salt.
2.) Drain fennel and add to kale.
3.) Add apples, cranberries, pecans and goat cheese.
4.) Add dressing and mix thoroughly.