

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.