

Blow Torch Goat Cheese and Apple Salad

Solon's Note: To be honest, I usually prepare the apples and cheese for this salad in the oven, but the oven space for this month is limited. A MAPP torch is used as a replacement for the broiler for this. I actually like it better because the apples retain some crunch. *Hope you have fun!*

Dressing:

½ cup strawberry jam (Preferably an all fruit version – I like HEB's)

¼ cup white balsamic vinegar. (Not sure if there is a real white balsamic vinegar but the stuff in the store is good.)

¼ cup whole-grain mustard

½ cup olive oil

Pinch of salt

Blow Torch Target:

Tart Apples – Cored and sliced in 1/8" slices with mandolin (Enough for 24 Slices plus some for practicing.)

White sugar

Goat cheese

Pinch of salt

Greens:

Bitter Salad Mix

Walnuts (straight out of the bag – Toast them if you wish.)

Fresh Ground Black Pepper

Directions:

Dressing:

Mix ingredients listed under "dressing" above and blend with blender or immersion blender.

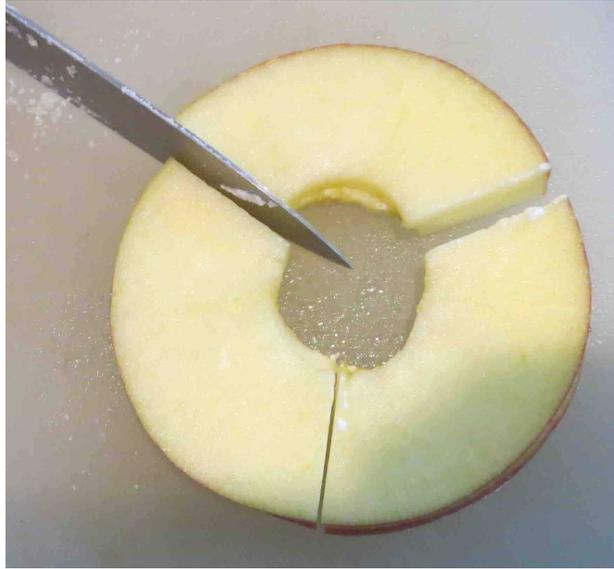
Mix the greens with the amount of dressing you like. (The remainder should be on the table for folks to add if they wish.)

Plate the mixture and sprinkle walnuts over it. (Leave them whole or chop them – your choice.)

Apples and Cheese:

Wash and core apples and slice in 1/8" slices with mandolin across the equator of the apple. Press in sugar and gently shake off and add a small pinch of salt.

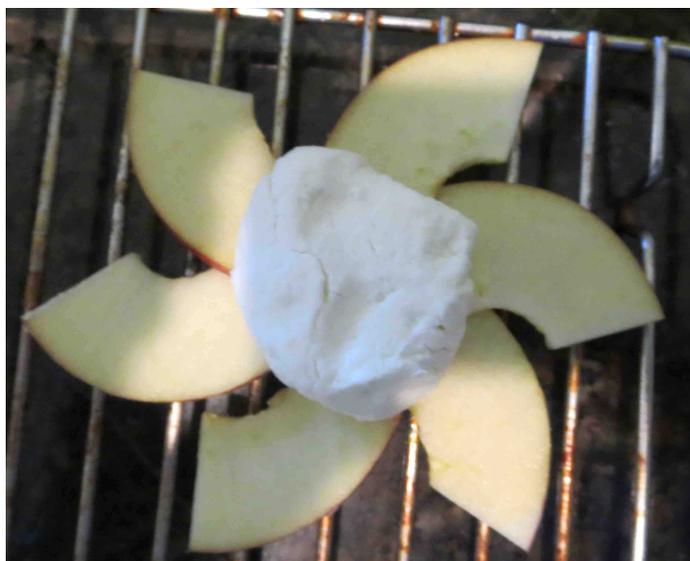
Cut slices in thirds:



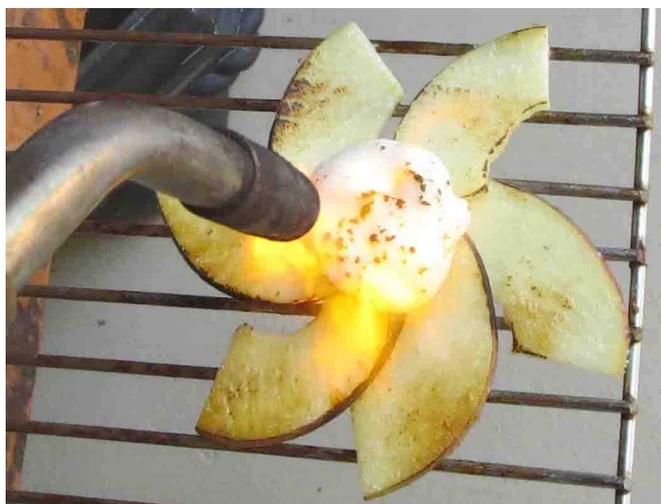
Arrange apples in pinwheel on a wire rack:



Form a 1 1/2- 2" disc of goat cheese and put in center. The amount of cheese you use should be proportional to your enjoyment for goat cheese, but I like it so 1 1/2" disc 3/4" thick is the minimum!:



Hold wire rack in safe place and “gently” brown with MAPP torch.



The goal is to have a light brown glaze on apples and to heat the cheese. (Good Luck!)



Slide the apples and cheese on top of the salad and serve.

Chef's note: I will bring the torch, mandolin and rack to torch them on.

SAFETY NOTE:

When slicing with a mandolin, I hold the apples with a chef cloth to prevent me from slicing my fingers. Don't worry about using all of each apple. I will bring plenty. (Better to throw away part of the apples than eat someone's finger in the salad!

I could torch a maximum of 4 pinwheels at a time. Two is easier. (It only takes about ½ minute to "cook" it. Hold rack out over open space when up fire the bad boy up! It is fun, but you may to practice on a couple of apple slices first.

That torch will burn your ass! BE CAREFUL – Unless Allan is cooking this.