

Roasted Pear & Blue Cheese Salad 烤梨配兰波奶酪色拉



Ingredient:

For Dressing: 8 tablespoons **Carapelli Mild Olive Oil**, 4 tablespoons raspberry vinegar, Salt and freshly ground black pepper, to taste.

For Salad: 2 large, firm but ripe Bartlett pears, halved and cored, 2 tablespoons Carapelli Extra Olive Oil, 6 cups arugula, 1/2 cup crumbled blue cheese, 1/3 cup toasted walnut or pecan halves, Fresh raspberries, for garnish if desired.

Preparation:

1. Preheat oven to 350° C. In small bowl, combine all dressing ingredients and whisk until well combined; set aside.
2. Drizzle the pears with 2 tablespoons Carapelli Extra Olive Oil. Place the pears on a lightly oiled baking sheet. Bake pears in oven for about 30 minutes or until lightly browned. Remove pears from oven and let cool slightly. When pears are cool enough to handle, slice each pear half into 4 slices.
3. In large bowl, place the arugula and toss with 4 tablespoons of the prepared dressing. Arrange arugula on 4 individual salad plates. Lightly toss the roasted pears with 2 tablespoons of the dressing. Arrange the pears over the arugula. Sprinkle salad with blue cheese and walnuts or pecans. Drizzle with the remaining dressing.

配料:

调料: 卡拉佩利淡味橄榄油 8 勺, 桑子酒醋 4 勺, 盐, 黑胡椒粉少许。

色拉: 西洋梨 2 个 (切开去核), 卡拉佩利特级初榨橄榄油 2 勺, 芝麻菜 6 小杯, 兰波奶酪屑 1/2 杯, 1/3 杯胡桃碎, 新鲜桑子 (可以作为装饰)。

制作方法:

1. 先将烤箱预热到350度, 再将所有的调味料放入小碗中并均匀搅拌放置一旁待用。
2. 然后将橄榄油撒在西洋梨上并放在已涂有油的烘培纸上, 再放入烤箱大约30分钟直至变成潜棕色, 取出烤好的梨放置一旁冷却, 最后将其再切成4小片。
3. 将芝麻菜和先前准备好的调味料一同放入大碗中搅拌, 然后将其分成4份备用。再用2勺调味轻轻的涂抹在烤梨上并将烤梨放在芝麻菜色拉上, 最后撒上兰波奶酪屑, 碎胡桃即可。

