

Merrill Inn

Baby Spinach and Boston Lettuce Salad

Yield: 2 servings

baby spinach	100 grams
field boston lettuce	1 head
cider vinaigrette	2 oz (see note at the end)
spiced pecans	50 grams (recipe to follow)
aged white cheddar (shredded)	50 grams
shallots (minced)	1 tsp
salt & pepper	to taste
Matsu apple (sliced)	$\frac{3}{4}$ apple

Toss together the spinach, lettuce, vinaigrette, spiced pecans, shallots, apple slices, salt and pepper.

Sprinkle shredded cheddar cheese over the salad before serving.

Note: The vinaigrette used in this salad is a special creation by Chef Michael Sullivan and can be purchased at the Merrill Inn and selected specialty food stores. Please call the Merrill Inn for details.

Spiced Pecans

pecan halves	100 grams
white sugar	6 Tbsp
cayenne pepper	$\frac{1}{8}$ tsp

Split pecan halves lengthwise.

Preheat oven to 350 degrees F.

Place a dry sauté pan on medium heat to preheat.

Toast pecans mixed with cayenne pepper in the oven for 10 minutes.

While the nuts are still hot, put sugar into the dry preheated pan and turn up the heat.

Stir constantly until the sugar has caramelized to a nice reddish gold colour.

Quickly add the nuts and stir to coat them evenly in the caramel.

Spread the nuts, while still hot, on a lightly oiled cookie sheet.

Cool completely and separate any nuts that stick together.