

Miele



Cos salad with apricot, goat's cheese and rosemary croutons

By Miele

40 minutes, plus 24 hours marinating

Preparation Time

15 minutes

Cooking Time

4 serves

Serves

INGREDIENTS

Salad

2 x baby cos, washed,
dried and trimmed
Sea salt flakes
100 g goat's cheese, frozen

Apricots

150 g apricots, fresh firm or
tinned
70 ml Umeboshi vinegar

Rosemary croutons

2 slices day old sourdough
bread, crusts removed
10 cm rosemary sprig,
stripped and chopped fine
2 ½ tbsp extra virgin olive
oil
½ tsp salt flakes

To serve

2 tbsp grain mustard
1 tbsp extra virgin olive oil

METHOD

Apricots

1. If using fresh apricots, remove stone and slice into 2 cm wedges. If using tinned, drain well and slice into 2 cm wedges.
2. Combine the apricots with the umeboshi vinegar and allow to sit for 24 hours in the fridge.

Rosemary croutons

1. Preheat the oven on Fan Plus at 160°C.
2. Tear the bread into large rough pieces and toss with the rosemary, oil and salt. Spread onto a universal tray.
3. Place into the oven on shelf position 2 and bake for 10-15 minutes. The bread should still be chewy and not fully hardened.
4. Drain on paper towel and season to taste. Store in an airtight container until required.

To serve

1. Cut the baby cos lettuce into halves and arrange on a platter, sprinkle with salt flakes.
2. Arrange the drained apricots and croutons with the lettuce.
3. Remove the goat's cheese from the freezer and using a sharp knife cut irregular shards off the edge of the block, arrange these over the salad.
4. Spoon small amounts of the grain mustard over the salad.
5. Combine the juice from the marinated apricots with the extra virgin olive oil and use to lightly dress the salad.

Hints and tips

- Umeboshi vinegar can be purchased from Japanese grocery stores and selected health food stores.
- Umeboshi or ume vinegar can also be made by soaking five umeboshi plums in white wine vinegar for minimum two weeks but ideally a month.
- You may not need all the goat's cheese, however, using a smaller sized block can be difficult to cut.