



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 trimmedSea salt flakes100 g goat's cheese, frozen

Apricots

150 g apricots, fresh firm or tinned70 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 mustard1 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.