

Salad of Mudgee Pomegranates, Hazelnuts & Fetta

From Kim Curry Lowe Wine and Food

This is my attempt to recreate a dish at a restaurant in Alba (we squeezed it in between the white truffle pasta). Liam was doing a vintage in Piedmont, we were visiting Slow Cheese in Bra and Liam's hosts took us all to a great regional restaurant. This salad was one of the most memorable meals I've ever eaten.

Can't say this will be as good but with local ingredients like these at our disposal it should be pretty close.

Ingredients for four:

- Mixed lettuce – firm lettuces like cos and radicchio best and celeriac perfect if you can get it.
- 150 grams High Valley fetta (plain brined version, drained)
- One pomegranate
- One cup roasted Mudgee Gourmet hazelnuts
- 8 slices AC Butchery soppressa
- Local extra virgin olive oil
- Vincotto
- Sea salt and fresh black pepper

Method:

Refrigerate the salad leaves in a sealed container with a little water to ensure they are really crisp.

Thinly slice the sopressa (one slice per person for an entree, two for a main course) and brown in the oven.

Halve the pomegranate and squeeze to pop out seeds and juices (You will get juice on you and it will stain). Place the seeds on top of the salad and retain the juice.

Mix the pomegranate juice with one third its volume in fresh good quality local olive oil, add a generous dash of vincotto (I used our Zin Jus jelly) or something sweet and season. Whisk together and check you're happy with the flavour balance.

To serve:

Pile as many salad leaves as you need high in a bowl.

Toss over hazelnuts and crumbled fetta followed by the pomegranate seeds.

Drizzle the dressing over and finish with coarse black pepper



- High Valley (fetta) 6372 1011
- Clearview orchards (pomegranates) 0427 404 109
- Australian Gourmet Hazelnuts 6372 3224
- AC Butchery (sopressa) 9569 8687