



Apple & Pecan Salad

Two of the American South's favourite ingredients, crisp sweet apples and crunchy pecans, come together in this simple salad that's a bit like a Southern version of Waldorf salad. I like the way it looks layered, with the apple mixture piled onto a bed of mixed greens, but you can just toss everything together if you prefer. When making the salad dressing, remember to mix the salt into the vinegar before adding the oil, as salt won't dissolve in oil.

Serves 2 as a side dish



INGREDIENTS

- 40g shelled pecans (1½oz)
- 1 small red apple (such as Pink Lady)
- 1 stalk tender celery, stringed
- 50g mixed salad leaves (1¾oz)

Apple Cider Dressing

- 2 teaspoons apple cider vinegar (10ml)
- Salt flakes and freshly ground black pepper, to taste
- 2 tablespoons vegetable oil (40ml)

METHOD

1. Preheat oven to 180°C (360°F).
2. Roughly chop pecans, place on a baking tray and put them in the oven for 10 minutes or so, turning occasionally, until they smell toasty. Set aside to cool.
3. Meanwhile, make Dressing: place vinegar and salt in a mixing bowl and stir to dissolve salt, add pepper and oil and whisk to form an emulsion.
4. Finely slice the apple, leaving the core behind. Toss it in the dressing immediately to prevent it from discolouring.
5. Finely slice the celery and add it to the apple.
6. Add most of the pecans and toss to combine well.
7. Arrange salad leaves in a serving bowl.
8. Top with apple mixture, scraping all of the dressing into the bowl.
9. Scatter remaining pecans over the top and serve.