

Beet & Asian Pear Salad with Honey & Miso Dressing



Recipe by: Russell Lichtenthal, Director of Sales & Hospitality

SERVES FOUR PEOPLE

“An earthy and umami arrangement with a kiss of sweetness that shows off fall & winter produce. The earthy beets and umami miso echo the briny and spicy notes of the 2020 Cuvée Constantin Chardonnay, while the pear and honey highlight the inherent orchard fruit characters of La Belle Promenade Vineyard in which this wine hails.” - Russell Lichtenthal

Miso & Honey Dressing Ingredients:

- 2/3 cup rice vinegar
- 1/2 cup canola oil
- 1/4 cup plus 1 tablespoon Raw Flâneur Honey
- 1/4 cup plus 1 tablespoon white miso
- 1/4 cup olive oil
- 1 1/2 teaspoons grated peeled fresh ginger
(from 1 [2-inch] piece ginger)
- 1/2 teaspoon kosher salt
- 1 1/2 teaspoons toasted sesame oil

Beet & Asian Pear Salad Ingredients:

- 2 medium (about 6-ounce) beets
- 2 cups blanched hazelnuts or almonds
- 1 bunch of radishes
- 1 tablespoon olive oil
- 1 tablespoon shichimi togarashi
- 2 teaspoons granulated sugar
- 1 teaspoon kosher salt
- 1 large Asian pear
- 10 ounces mizuna or arugula
(or your lettuce of choice)

Recommended Wine Pairings

- Constantin Chardonnay
- La Belle Promenade Chardonnay



Tell Us What You Think!

We want to know if you tried this recipe at home.
Take a photo and tag us on social media!



Beet & Asian Pear Salad with Honey & Miso Dressing

F

Directions:

Step 1: Rinse, scrub, peel and slice beets thinly, about 1/8 inch thick. Toss in olive oil, salt and pepper before roasting on a non-stick pan for 45 minutes at 350*.

Step 2: Coat hazelnuts with togarashi, sugar, salt and olive oil. Roast in a 350* oven for 15 minutes, let cool, then rough chop and set aside.

Step 3: Place all Miso-Honey Dressing ingredients in a blender and purée until smooth and emulsified. Set aside until ready to dress.

Step 4: Core and slice the pear and the radishes into 1/16th inch thin using a mandolin or sharp knife. Soak in cold water until ready for plating.

Step 5: Dress the leaves and beets in dressing and arrange on a platter. Arrange pears and radishes thoughtfully and sprinkle with hazelnuts.

Step 6: Enjoy with Cuvée Constantin Chardonnay.

