

Butternut Squash and Avocado Salad

Recipe by Chef Luis Ayllon

1 Butternut squash, peeled, cut in 1/4" slices

4 Tablespoons olive oil

Salt and pepper, (to season squash)

2 Avocado, each cut in 8 wedges, and peeled

3 Bunches watercress, cut bottom half of stems off

2 heads Belgian endive cut in 1/8" julienne

1 cup walnuts, broken in 1/2 inch pieces, then toasted

32 baby grape tomatoes

11 ounces Dijon vinaigrette (see recipe)

Using the stem end of the butternut squash (above the seed chamber) -- Cut approximately a three inch length of squash, peel, and cut into 1/4" thick rounds (you should have 12 rounds for this dish to serve eight people).

Heat a medium sized sauté pan with the olive oil. Place the sliced squash in the sauté pan and cook over medium heat for approximately 1 minute. Using either tongs or a fork, turn the slices over and cook until tender (can be easily be pierced by a fork). Remove from the heat.

Next, place the watercress, Belgian endive, walnuts, and tomatoes in a bowl.

Toss with 11 ounces of the Dijon vinaigrette (see recipe on next page)

For presentation:

Place a small mound of the salad on the top half of each of the individual plates.

Cut the cooked squash rounds in half. Place 3 slices of squash with 2 slices of avocado at the bottom half of each plate. Drizzle squash and avocado with the remaining vinaigrette.

Dijon Vinaigrette

2 Ounces red wine vinegar
2 1/2 tablespoons Dijon Mustard
1 1/2 tsp. Kosher salt
1/4 tsp. black pepper
1 tsp. sugar
2 egg yolks
1 3/4 Shallots
2 Ounces cold water
2 Ounces Walnut oil
2 cups Canola oil

Place the vinegar, mustard, egg yolks, shallots, salt, pepper, sugar, and water in a small bowl.

While whisking, carefully pour the oil in a thin stream into the egg mixture to emulsify (as if making mayonnaise).

You can also use an immersion style hand blender to make the vinaigrette even creamier.