



## In the Kitchen with Mari

### *"Salade de Mari"*

During our recording sessions in Northern Holland, I have a tradition of bringing homemade food for the team. Each year, Michel, the piano technician, also creates a delicious salad, while Jean Marie, the sound engineer, lets us enjoy his delicious coffee and beer.

Michel kindly shared this original salad recipe, which he dubbed "Salade de Mari." I am honored because it is unique and delicious!

This salad stands apart from other salads because of the use of blackened pine nuts, as well as the use of ginger juice. Further, it is fun to share with friends from all continents because it reminds me of the basic difference between salad "construction" in Europe and the US: In Europe, we start by mixing the dressing in the bottom of the salad bowl and add the greens at the end, whereas in America, we often mix the dressing in a jar and pour it on top. I like using the bottom of a large bowl for this dressing, in particular, because it allows me to fully incorporate the mustard by using the back of a spoon.



#### **Ingredients:**

Salad greens, such as butter lettuce or Romaine

Arugula greens (to add a little peppery flavor to the salad mix)

Mint Leaves (to taste)

Apple or pear, sliced very thin

Pine nuts, dry-roasted until they are well-browned (Michel likes it when some of them are also black!)

Lemon juice and lemon oil (not too much)

Salt

Pepper (not too much)

Extra Virgin Olive oil – 1/4 cup

Grain mustard – 1 Tablespoon

Balsamic vinegar – 1 Tablespoon

Ginger Juice – 1/2 teaspoon



**Method:**

Prepare the salad greens, including the arugula and mint leaves by washing and drying thoroughly.

Prepare the fruit by slicing fine and sprinkling lightly with a just a little freshly squeezed lemon juice.

Pour about  $\frac{1}{4}$  of a cup of olive oil into the bottom of a salad bowl.

Carefully incorporate 1 Tablespoon of the grain mustard. Once this is mixed well, add the 1 Tablespoon of balsamic vinegar.

Dry roast the pine nuts (dark brown and black), and crush about half of them with the back of a spoon or with a motor pestle.

Put the crushed nuts in the oil and reserve the whole, roasted pine nuts to garnish the salad.

Add a few drops of lemon oil.

Add half teaspoon of ginger juice, and just a little salt and pepper, to taste.

(Michel likes to go "light" on the pepper.)

Toss the salad greens and fruit into the salad bowl and garnish with the whole, roasted pine nuts.

Enjoy!