

Blueberry Grapefruit Gastrique Green Salad

2 c fresh grapefruit juice
5 - 6 whole star anise
1/2 T mustard seed
1/2 c maple syrup
8 – 10 oz mixed baby greens
2 grapefruits, peeled, segmented (supremed) s
1/2 c dried blueberries
1/2 c sliced almonds, toasted
1/2 c goat cheese, crumbled
1/2 c hearts of palm, sliced on an angle
1/4 c good quality olive oil
a pinch of fine sea salt

Grapefruit Gastrique: In a small saucepan, combine grapefruit juice, anise, mustard seed and maple syrup. Cook on high for 8-9 minutes until thickened to a syrup. Strain and set aside.

Note: Prepare the Grapefruit Gastrique in advance and serve it at room temperature. You can also store it in the fridge.

In a large bowl, combine greens with remaining ingredients, reserving a small amount of each to garnish each plated salad. Add half the gastrique to the greens and drizzle on olive oil. Sample to see if you need more gastrique. Plate salads and garnish with remaining blueberries, almonds, goat cheese and hearts of palm, adding more according to your taste. Serves 6 – 8. Leftover gastrique can be used to flavour more greens the next day.

Jittery Cook

Recipe from: **Publix Aprons Boca Raton Cooking School**