

Endive and Pear Salad



Endives are a great winter vegetable and can be eaten raw in salad or cooked, see this previous recipe from myfrenchtable for Endives au Gratin

They are really crunchy but can be slightly bitter so they work well with something sweet such as pears as I have used here but also lovely with avocado for example!

Ingredients:

- 4 endives
- 1 pear
- 50g emmenthal cheese
- Handful of walnuts
- Vinaigrette

Method :

1. Slice the endives lengthways, remove the base and chop
2. Peel and quarter the pear and then slice the quarters
3. Chop the cheese into small cubes
4. Place the chopped endive in a bowl and add your vinaigrette
5. Top with the sliced pear, cubed cheese and a handful of walnuts

Ready!

Vinaigrette?

Everyone has their own preference regarding vinaigrette so the best thing to do is find one that you really like by trial and error. My basic vinaigrette is as follows :

1/2 teaspoon dijon mustard

1-2 tablespoons of vinegar (red wine or balsamique usually)

3-4 tablespoons of oil – olive oil or rapeseed oil

A good dose of both salt and pepper

Taste and add more vinegar/oil/salt etc if necessary until you get the taste you are looking for . □

Lentil Salad



I love lentils, hot or cold – tasty, cheap and nutritious!

Ingredients :

- 60-80g of lentils per person
- 2 tomatoes
- 2 scallions
- 1 egg per person

Method :

1. Cook the lentils according to the instructions on the packet, usually you cook them in a large saucepan of water and count 25 minutes from when the water starts to boil
2. Strain the lentils and allow to cool
3. Finely chop the scallions and tomatoes

4. Make up a vinaigrette
5. Mix the lentils, tomatoes, scallions and vinaigrette together
6. Serve with a poached egg on top