Watercress Salad with a Pomegrante Vinaigrette

Description

A fresh twist on a watercress salad with tangerines, pomegrantes and pine nuts. A pomegranate vinaigrette is the perfect compliment.



Summary

Yield: 4
Prep Time: 20 minutes
Category: Salads
Cuisine: American
Tags: watercress, vinaigrette, salad, pomegrante

Ingredients

Salad

- 1 bunch of fresh watercress (6 oz)
- 4 cup tangerines
- 1/2 cup fresh pomegrante arils (seeds)
- 1/3 cup pine nuts

Vinaigrette

- 1/2 cup balsamic vinegar
- 1/2 cup extra virgin olive oil
- 1 oz pomegranate liqueur (Pama)
- 2 cloves garlic, crushed
- 1/2 tsp dried rosemary
- 1/4 tsp sea salt
- 1/4 tsp fresh ground black pepper

Instructions

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Vinaigrette

In a salad dressing cruet, mix 1/2 cup of balsamic vinegar, 1/2 cup of extra virgin olive oil, and a few healthy splashes of the pomegranate liqueur (1 oz or less). Add the crushed garlic, rosemary, sea salt, and fresh ground pepper. Shake vigorously to mix thoroughly.

Salad

Wash and dry the watercress. Trim excess stems from the leaves. Place a bed of watercress on each serving plate.

Peel 4 tangerines and slice each section in half. Arange a circle of tangerine slices around the permiter of the bed of watercress. Three tangerines should cover four salads, four tangerines is fine, a little heavier on the fruit.

Place a tablespoon of pomegrante seeds (arils) in the center of each salad.

Place a tablespoon of pine nuts over the top of each salad.

Serve

When ready to serve, pour 2 to 3 teaspoons of the vinaigratte over each salad.

Makes 4 servings.

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Notes



The quality of your ingredients for the pomegranate vinaigrette make the difference, but you don't need to go overboard with expensive premium balsamic vinegar or olive oil.

As shown, the balsamic vinegar from Trader Joes and your favorite extra virgin olive oil work great.

The pomegranate liqueur is the secret ingredient. You might not find readily in your local store or spirits supplier, but you can find online at http://www.pamaliqueur.com (sorry, they will ask you to verify your age, this is booze!)