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Arugula Fennel Salad

Serves 4-6

Ingredients-have your ingredients prepared in advance as suggested in the ingredient list.

4 teaspoons raspberry jam
3 tablespoons balsamic vinegar
3 tablespoons extra-virgin olive oil
1 small shallot
salt and pepper
1 small bulb fennel
5 ounces baby Arugula (about 8 cups)
1 cup red seedless grapes, halved lengthwise or strawberries
3 ounces Gorgonzola cheese, crumbled
½ cup chopped sunflower or pumpkin seeds

Optional Garnish: Edible Flowers

Equipment for class

Chef's knife
Cutting board
Large bowl
Small jar with lid



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Arugula Fennel Salad

Serves 4-6

4 teaspoons raspberry jam
3 tablespoons balsamic vinegar
3 tablespoons extra-virgin olive oil
1 small shallot, minced
salt and pepper
1 small bulb fennel, cored, rimmed of stalks, and sliced very thin, fronds chopped coarsely
5 ounces of baby Arugula (about 8 cups)
1 cup red seedless grapes, halved lengthwise, or strawberries
3 ounces Gorgonzola cheese, crumbled
½ cup chopped sunflower or pumpkin seeds
Optional Garnish: Edible Flowers

1. Whisk jam, vinegar, oil, shallot, ¼ teaspoon salt, and ¼ teaspoon pepper in a large bowl.
2. Toss fennel with vinaigrette; let stand 15 minutes.
3. Add Arugula, fennel fronds, and grapes or strawberries; toss and adjust seasonings with salt and pepper.
4. Divide salad among individual plates; top each with a portion of Gorgonzola and seeds. Serve immediately.