

# Roasted Heirloom Carrot Salad

*with Candied Almonds, Figs & Ricotta Salata*

In this beautiful, hearty salad, we're featuring a special, home-made ingredient: candied almonds. After caramelizing the sugar to a perfect, medium amber, you'll add chopped, salted almonds. The caramel will cool around them, creating a brittle. It's an incredible, sweet-and-salty addition to this dish featuring heirloom carrots, figs and ricotta salata cheese (a pressed, salted and dried variety of ricotta).



## Ingredients

- 5 Ounces Multicolored Heirloom Carrots
- 1 Head Red Leaf Lettuce
- 1 Belgian Endive
- 1 Lemon
- 1 Bunch Parsley
- 1 Bunch Tarragon

## Knick Knacks

- 2 Ounces Dried Figs
- 2 Ounces Ricotta Salata Cheese
- 2 Tablespoons Sugar
- 1 Shallot
- 1 Tablespoon Honey
- ¼ Cup Almonds

Makes 2 Servings

About 500 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



### Prepare the ingredients:

Preheat the oven to 400°F. Wash and dry the fresh produce. Peel and halve the carrots lengthwise; cut the carrots into 1-inch pieces on and angle. Cut off and discard the root ends of the endive and the lettuce. Separate the endive leaves; roughly chop the lettuce. Pick the parsley and tarragon leaves off the stems; discard the stems and roughly chop the leaves. Roughly chop the figs. Grate the ricotta salata. Quarter the lemon and remove the seeds. Peel and mince the shallot to get **2 tablespoons of minced shallot** (you may have extra shallot); place in a small bowl with **the juice of all 4 lemon wedges**. Roughly chop the almonds.

2



### Roast the carrots:

Place the **carrots** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in a single, even layer and roast, stirring halfway through, 18 to 20 minutes, or until browned and tender. Remove from the oven and set aside to cool.

3



### Make the caramel:

While the carrots roast, lightly grease a second sheet pan. In a small bowl, toss the **chopped almonds** with a **big pinch of salt**. In a small pot, combine the **sugar** and **¼ cup of water**. Heat the sugar water to boiling on medium-high, without stirring. Boil 2 to 3 minutes, or until the mixture just begins to turn amber. As soon as it turns medium amber, remove from heat. (The caramel will continue to cook in the pot, so be ready to begin the next step immediately.)

4



### Candy the almonds:

Off the heat, immediately add the **salted almonds** to the pot of **caramel**; stir until thoroughly coated. Using a spoon or spatula, spread the **candied almond mixture** in an even layer on the greased sheet pan; set aside to cool. Once cool and hardened, break the candied almond mixture into small pieces.

5



### Make the dressing:

Add the **honey** to the **shallot-lemon juice mixture**; season with salt and pepper to taste. Slowly whisk in **2 tablespoons of olive oil** until well combined.

6



### Make the salad & plate your dish:

In a large bowl, combine the **lettuce**, **endive**, **roasted carrots**, **parsley**, **tarragon**, **figs** and **half of both the ricotta salata cheese and the candied almonds** (save the rest for garnish). Add enough of the **dressing** to coat the greens (you may have extra dressing). Toss to mix; season with salt and pepper to taste. To plate your dish, divide the salad between 2 plates. Garnish with the **remaining ricotta salata cheese and candied almonds**. Enjoy!