



Baby Spinach Salad with Fennel, Pickled Red Onions & Grapefruit-Tarragon Vinaigrette

Serves: 4

for the pickled red onions

1 yellow onion, thinly sliced into rings

1 cup rice wine vinegar

1/3 cup water

1/3 cup granulated sugar

1 teaspoon kosher salt

1 small beet, rinsed, peeled and rough chopped

1 tablespoon fennel seed

1 tablespoon coriander

1 teaspoon black peppercorns

1 piece star anise

1 sprig of thyme

1 clove garlic

1. Bring the rice wine vinegar, water, sugar and salt to a boil.
2. While the liquid comes to a boil, toast the fennel seed, coriander, black peppercorns and star anise until it is fragrant.
3. Add the spices, beet, thyme and garlic to the boiling liquid. Remove from the heat and steep for 30 minutes.

4. Place the onions in a clean resealable container with a lid. Heat the pickling liquid to a simmer, strain through a chinois and pour over the onions. Refrigerate covered for 3 days before using.

for the vinaigrette

2 ½ cups fresh squeezed grapefruit juice

1 cup sherry

1 shallot, finely minced

¼ cup tarragon vinegar

½ tablespoon Dijon mustard

½ tablespoon honey

2 sprigs tarragon

1 ½ cups olive oil

salt and fresh cracked black pepper

1. Reduce 2 cups of the grapefruit juice, the sherry and minced shallot to ½ cup.
2. Remove from the heat and infuse with 1 sprig of tarragon. Allow the reduction to cool and remove the tarragon.
3. Blend the grapefruit reduction with the tarragon vinegar, mustard and honey.
4. Whisk in the remaining ½ cup fresh grapefruit juice.
5. Slowly blend in the oil.
6. Pick and chop the remaining sprig of tarragon. Add to the vinaigrette.
7. Season to taste with salt and pepper.