

Bitter Herbs Salad

Approx. 6 servings

Ingredients:

2 hearts of Romaine lettuce
1 small head Radicchio
2 Belgian endives
1 ½ cups Arugula or Watercress, washed and dried
1 rib celery, sliced thin
2 scallions, chopped
⅓ cup chopped flat-leaf parsley
¼ cup chopped fresh dill
1 tablespoon chopped fresh mint
1 small clove garlic
Kosher salt
3 tablespoons freshly squeezed lemon juice
½ cup extra virgin olive oil

Preparation

1. Wash and dry the Romaine lettuce leaves and break into medium pieces. Separate the radicchio leaves and cut into medium pieces. Rinse and dry the endive and slice crosswise about ¼ inch thick. Toss together all the greens, the celery, and the scallions in a large salad bowl, and sprinkle the herbs over the top.
2. Skin the garlic cloves, cut in half and remove any green shoots. Place in a mortar and pestle with a generous pinch of salt and smash to a paste. Work in the lemon juice and then the olive oil. Taste and adjust the salt. Transfer to a jar until ready to serve the salad.
3. Just before serving, shake the dressing in the jar, pour over salad, and toss.

Advance Preparation: The greens can be prepared, wrapped in a clean kitchen towel and then sealed in plastic bags and refrigerated several hours ahead.