



Miner's Lettuce Salad | Wild Ginger Vinaigrette | Cattail Crouton By Chef Paul Rogalski



Serves 4

Cattail Crouton

1 ¼ cup or so dried cattail starch
Pinch of salt
Pinch of ground black peppercorns, optional
Pinch of ground pink peppercorns, optional
1 cup water (approximately)
1 tablespoon of butter, unsalted

Wild Ginger Vinaigrette

1/3 cup sunflower, vegetable or canola oil
1/3 cup cider vinegar
2 tablespoons Wild Ginger Syrup
Pinch of salt

4 cups Miners Lettuce leaves, cleaned, washed and refreshed.

To refresh the Miner's Lettuce: This method, though it seems counter-intuitive, works like charm, giving wilting lettuce and greens new life. Soak them in a bowl of warm water, somewhere close to 90°F for a half hour or so. Remove from water and place in the fridge for another half hour.

For the Cattail Crouton: Pre-heat oven to 350°F. Mix 1 cup of cattail flour with a pinch of salt and crushed black and pink peppercorns (optional). Slowly add water until enough has been added for a dough to form. If it's sticky, add a touch more cattail starch (and if it's a bit dry, add a touch more water). Lightly dust a clean working surface with cattail starch and roll the dough until it is about 1/8 inch thick. Melt butter in a large skillet over medium heat and carefully transfer the dough to the pan. Fry for about two minutes on each side (long enough for some butter to absorb) then remove from pan and place on a cookie sheet. Bake in oven for approximately 10 minutes until lightly brown and crispy. Remove and allow to cool.

For the Wild Ginger Dressing: In a small bowl or a lidded jar combine oil, cider vinegar, and Wild Ginger Syrup. Season with a pinch of salt and either whisk or close lid and shake. Have a quick taste and adjust seasoning if necessary.

Final Assembly: Divide Miner's Lettuce between 4 serving dishes. Drizzle with the Wild Ginger Vinaigrette and crumble Cattail Crouton on top. Eat while fresh.