

Soy-Sesame Salad w/ Wild Mushrooms & Pomme Paille

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 40 minutes

Chef's Notes

If you haven't had the pleasure of going to the Rim Rock Cafe in Whistler, B.C., you should make it point of going. It is a fantastic restaurant with exceptional food and equally great service.

Step 1: Making the Vinaigrette

- 2 tsp sesame seeds*
- 1 tbsp white onion
- 1 tbsp green onion**
- 3 tbsp white or rice wine vinegar
- 1 tsp mirin
- 3 tbsp soy sauce
- 1 tsp sugar
- 4 tbsp grapeseed oil or water
- 1/2 tsp sesame oil
- sea salt, to taste
- freshly ground black pepper. to taste

*Note: You do not have to toast the sesame seeds, but it does add a slightly nuttier flavor to the vinaigrette.

Heat a small pan over low heat and slowly toast the sesame seeds. Keep moving the seeds around so they color evenly. Remove from the pan once they are light golden in color.

To make the vinaigrette, finely grate the white onion and finely mince the green onion. **Note: Finely minced chives can be used instead of green onions.

Place the onions into a jar that has at least a 1-cup capacity and one that can be covered with a lid.

Measure and add the remaining ingredients (wine vinegar through to the sesame oil) to the jar. Cover and shake to emulsify. Season with salt and pepper to taste. Depending on how tart you like things, you may also want to add another tablespoon of oil and/or a few more drops of sesame oil. Add half of the toasted sesame seeds (save the rest for garnish) and shake to combine.

Step 2: Frying the Potato Sticks

- 1 russet potato
- 2 cups grapeseed oil (or other neutral oil for frying)
- sea salt, to taste

Place the oil into a high-sided medium pot and heat over medium heat.

In the meantime, wash and peel the potato. Julienne the potatoes with a knife. Alternatively, you can use a mandoline to cut the potatoes. Cut them width-wise (you want relatively short pieces) into matchsticks. If you have ever had them, you are basically looking for the potatoes to be about the size of Hickory Stixs – not too thick and not too thin.

Rinse the potatoes under cold water to remove the excess starch. Then place into a bowl of cold water so they do not brown.

Once the oil reaches approximately 375°F (or 190°C), test the oil with a couple of potato sticks. Make sure to dry them before adding them to the oil.

It is best to fry the potato sticks in batches. Remove a small handful of potatoes from the water and dry completely with paper towels. Lower the potatoes into the oil with a slotted spoon. Stir to break up the potatoes, if needed. Fry the potato sticks until crispy and golden, about 1 to 2 minutes or so. Be careful of any splattering oil. Transfer to a plate lined with paper towel to drain. Season with a touch of salt while the potatoes are still hot.

Step 3: Prepping & Cooking the Mushrooms

- 1 lb mushrooms*
- 2 tsp oil (grapeseed or coconut)
- lemon juice
- sea salt, to taste
- freshly ground black pepper, to taste

First clean the mushrooms. Slice any large mushrooms into bite-size pieces.

*Note: Wild mushrooms add great flavor and depth to this salad; however cremini or a mix of your favorite mushrooms would also be great.

Preheat a large, stainless-steel pan over medium-high heat. Once properly heated, add the oil, followed by the mushrooms. Squeeze a bit of lemon juice over top. Season with a bit of salt and pepper to taste. About half way through the cooking time, add the butter. Saute the mushrooms until nice and golden. Once done, remove and set aside.

Step 4: Assembling the Salad

- 8 oz mixed greens

To assemble the salad, wash and spin dry the greens.

In a large bowl, toss the greens and mushrooms with some of the vinaigrette until they are just lightly but evenly coated. Be careful not to use too much dressing or it will be too overpowering. Use less to start, you can always add more, if needed.

Divide evenly among your serving plates. Top with the crispy potato sticks and serve immediately.