

PLANNER:
ENSBURG
88

Vashon Pears

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Upside Down
Pear Cake with
Pear Butter, Spiced
Meringue and Pear Chips
from The Lakehouse.

Soy-Glazed Grilled Pear Salad

Friday Harbor House / FRIDAY HARBOR
Jason Aldous

SERVES 4

FOR GLAZE

1 tablespoon oil
2½ cups sweet onions, sliced
½ cup demerara sugar
(can substitute brown sugar)
¼ cup soy sauce
1½ teaspoons Black Strap molasses

FOR PEARS

4 pears
1 tablespoon oil

FOR VINAIGRETTE

1 tablespoon sesame oil
¼ cup fresh lime juice
¾ cup extra virgin olive oil
1 teaspoon salt

FOR SALAD

1 pound arugula
½ cup peanuts, chopped
1 bunch cilantro, roughly chopped

FOR GLAZE

Heat a pan over medium-low heat, add oil, then the sliced onions. Stir occasionally until all the onions are deep brown in color. Add the sugar, soy sauce and molasses and bring to a low simmer for 5 minutes. Transfer to a blender and blend until smooth (add a splash of water if needed).

FOR PEARS

Preheat a grill to high. Peel, core and halve the pears, then toss with the oil. Place cut side down on the grill and cook for 3 to 5 minutes until lightly charred. Turn the pears over and lightly char the other side. Brush the pears generously with the soy glaze.

FOR VINAIGRETTE

Combine oils with salt and lime juice.

FOR SALAD

Put a couple tablespoons of soy glaze on a plate. Place a grilled pear on the glaze. Toss arugula with cilantro and dress to taste with vinaigrette, making sure to shake the vinaigrette to mix. Place dressed greens over the pear and sprinkle with chopped peanuts.