



Quinoa Salad with Dried California Figs & Wilted Kale

By Chef Robert Del Grande

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INGREDIENTS

1	cup	Quinoa (note: quinoa can be a major or more minor component of this salad)
2	cups	water
2	tablespoons	olive oil
4	ounces	California dried Mission Figs approximately 8 to 12 figs depending on the size
½	each	white onion
2	each	garlic cloves
1	teaspoon	fennel seeds
½	teaspoon	black pepper
¼	teaspoon	salt
4	cups	kale: approximately 8 ounces before cleaning

Vinaigrette (or your favorite salad dressing)

2	tablespoons	vinegar or fresh lemon juice
1	each	garlic clove: minced
½	each	shallot: thinly sliced
2	teaspoons	mustard
1	each	anchovy: mashed (optional)
6	tablespoons	extra virgin olive oil
	pinch	salt
	pinch	pepper
	pinch	red chile flakes

Garnish

½	cup	roasted almonds or other nut: coarsely chopped
½	cup	grated parmesan

PROCEDURE

Rinse the quinoa under running water. In a pot, combine the rinsed quinoa and the water. Bring the water to a boil, then cover and simmer for about 20 minutes. Remove from heat.

Remove the stems from the figs and discard. Thinly slice the figs.

Roughly chop the onion and garlic.

Wash the kale. Remove any thick ribs and discard. Cut into small pieces.

Heat the olive oil in a broad skillet over medium heat. Add the sliced figs, the onion and the garlic. Add the fennel seeds, black pepper and salt. Sauté the mixture until the onions and garlic are lightly cooked. Add the kale and sauté to wilt the kale. Remove from the heat. Allow to cool to room temperature.

For the vinaigrette, combine all of the ingredients in a mixing bowl and whip until emulsified and creamy.

In a mixing bowl, combine the cooked quinoa and the sautéed fig and kale mixture. Add a few tablespoons of the vinaigrette and toss. Distribute the salad between serving plates or bowls. Sprinkle the chopped nuts over the salad. Garnish with the grated parmesan. Serve the extra vinaigrette on the side.

Serves 2 large servings or 4 smaller servings