

BLOOD ORANGE, BEAN AND ENDIVE SALAD WITH TORN CROUTONS

Yield: 8 Portions

Ingredients	Amounts
<i>Torn Croutons</i>	
Whole grain batard, or other sour dough bread, hand torn into ½ -1" pieces	1 cup
Garlic, smashed with salt	½ tsp.
Extra-virgin olive oil	1 oz.
Parmesan, finely grated	1 Tbsp.
Salt	as needed
Black pepper, ground	as needed
<i>Citrus Vinaigrette</i>	
Orange juice	1 cup
Shallots, minced	2 Tbsp.
Champagne vinegar	¼ cup
Extra virgin olive oil	½ cup
<i>Salad</i>	
Red kidney beans, cooked, rinsed, drained	1 cup
White kidney beans, cooked, rinsed, drained	1 cup
Navy beans, or cannellini beans, cooked, rinsed, drained	1 cup
Lemon juice	2 Tbsp.
Extra virgin olive oil	2 Tbsp.
Red or white endive, sliced on bias ¼" thick	1 cup
Celery, peeled, sliced thin on bias	1 cup
Fennel, sliced thin	1 cup
Green onions, sliced	¼ cup
Fennel fronds	¼ cup
Blood orange and orange segments, no pith	2 cup
Arugula	1 cup

Method

1. *For the Torn Croutons:* Place the bread on a sheet pan and let sit out overnight to dry.
2. Combine the garlic, olive oil, cheese, salt and pepper in a bowl. Toss with the bread.

3. Preheat a 350°F oven. Place the bread on a baking sheet and bake until crisp and golden brown.
4. *For the Vinaigrette:* Heat the orange juice in a small saucepan. Reduce by ½. Let cool.
5. Combine the shallots, vinegar, and a pinch of salt in a bowl. Let sit for 10 minutes.
6. Stir in the orange juice reduction and extra virgin olive oil. Season with salt and pepper.
7. *For the Salad:* Combine the beans in a large bowl. Add the lemon juice, olive oil, salt and pepper. Gently mix.
8. In a large bowl, combine the endive, celery, fennel, green onions, orange segments, some vinaigrette, salt and pepper as needed.
9. Gently add in the arugula, beans and half the croutons.
10. Place on a platter, and garnish with more croutons.

Source: As presented to The Culinary Institute of America and Northarvest Bean Growers
by Chef Toni Sakaguchi. 2020.