

BLU Spinach Salad

Spinach Salad with Duck and Pears (Salade Campagnarde aux Canard)

Serves 6 - Prep time: 10 minutes

Ingredients

- 1 LB washed baby spinach
- 4 ounces julienned red onion
- 4 ounces blue cheese
- 4 ounces toasted walnuts
- 8-12 ounces shredded duck confit meat
- 2 d'Anjou, Bosc or Asian Pears thinly sliced
- 4 ounces warm rendered duck fat or extra virgin olive oil
- 1/4 cup Wild Blueberry Balsamic Vinegar

Preparation

Toss spinach with walnuts, onions, blue cheese, duck meat & pears. Drizzle in duck fat (or olive oil) and Blueberry Balsamic Vinegar, toss again and serve. While duck confit may be difficult to source a nice substitute is cooked bacon or roasted pork.