

Dandelion Salad

By Reece Routman



INGREDIENTS

- 1 large bunch freshly picked dandelions
- 1 small to medium size onion
- 1/3 cup vinegar (I use a combination of balsamic vinegar and red wine vinegar, but use any combo of vinegars you like.)
- 1/4 cup olive oil (for salad dressing)
- 2 tablespoons olive oil (for sautéing onion)
- 2 tablespoons maple syrup
- salt and pepper

OPTIONAL

- several strips bacon, cooked till crisp, then crumbled into small bits
- small amount of other lettuces and flourishes—such as, radicchio, frisee, radishes, anything you have on hand—to add depth, color, and beauty.

DIRECTIONS

Pick dandelions when they are young (before white puff balls appear.) Separate dandelion flowers from leaves. Wash and dry leaves 3–4 times, or until you are sure they are clean. (I use a lettuce spinner.) Spread leaves out on a dry, clean dishtowel. Once the leaves are dry, place in Ziploc bag or airtight container where they will stay fresh for at least a week.

Coarsely chop the onion; cook in about 2 tablespoons olive oil (or bacon grease) until soft and golden. Rough chop dandelion greens; put greens in salad bowl with optional lettuces, herbs, and flourishes. Save bacon, if you use it, to sprinkle on top of salad.

Make the salad dressing: combine olive oil, vinegars, cooked onion, maple syrup, and salt and pepper to taste. Warm the salad dressing just before serving. (I microwave it for about 15 seconds). Add optional bacon bits. Pour dressing over greens—just enough to coat lightly—and toss salad well. You will likely have some dressing left over. Add more salt and pepper as needed.

Enjoy! Adjust recipe to suit your tastes and whims.