

Scottsdale's Metro Brasserie Warm Spring Bean Salad

Written by Arizona Foothills Magazine

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Instead of snatching candy from your kiddo's Halloween stash, try this salad recipe from Chef Christopher Mayo of Scottsdale's Metro Brasserie for a truly indulgent treat.



Warm Spring Bean Salad

4 oz. Grade A foie gras
Salad:
12 Artichokes, turned and poached in olive oil
12 Asparagus tips, halved
24 pieces Haricot vert
1 bulb Spring garlic, thinly sliced
3 Easter egg radishes, thinly sliced

Vinaigrette:

4 tsp. Banyuls vinegar
5 tsp. Truffle juice
6 tsp. Extra virgin olive oil

Foie gras: Season the foie gras with salt and allow to cure overnight. Poach gently in 130-degree water until warm throughout. Remove from the water and allow to cool completely in the refrigerator before use. **Salad:** Blanch the asparagus and haricot vert in salted water until tender and shock in an ice bath to stop the cooking process. Set aside for later use. Gently cook the spring garlic in a small amount of olive oil until tender. Add the blanched vegetables to the spring garlic and toss until warm. Season to taste with salt and pepper. **Vinaigrette:** Whisk all ingredients to combine. **To assemble:** Place the warm vegetables in the center of a room-temperature plate. Spoon a small amount of the truffle vinaigrette over the salad and around the plate. Using a vegetable peeler, shave some of the poached foie gras over the salad. Garnish with sliced radishes and petite herbs of your choice.