

PEAR AND WATERCRESS SALAD

1 bunch watercress, leaves only
cos lettuce leaves, chopped
1 or 2 pears

Honeyed walnuts

1/4 cup honey
1 tablespoon soy sauce
pinch cayenne pepper
1 cup walnut halves
1/2 teaspoon salt



Dressing

3 tablespoons walnut or extra virgin olive oil
1 clove garlic, crushed
2 teaspoons wholegrain mustard
2 tablespoons lemon juice
sea salt and freshly ground pepper

Honeyed walnuts

Pre-heat oven to 160 degrees.

Warm honey in a double boiler or in a bowl placed in a pot of hot water. Stir in the soy sauce, cayenne pepper and the walnuts.

Spread the mixture out on a lined baking tray.

Cook for 15-20 minutes, turning the nuts every 5 minutes, until they're golden and the honey has formed a thick glaze over the walnuts. Remove from the oven and separate the nuts while hot, otherwise they'll stick together on cooling. Sprinkle with the salt and leave to cool and harden.

Dressing

Whisk everything together and season with salt and pepper.

To serve

Cut the pear(s) in half and cut out the core. Slice thickly and toss with half the dressing.

Put the cos and watercress leaves in a bowl and toss with just enough dressing to lightly coat the leaves.

Transfer to a serving platter and scatter the pears and walnuts over the top.

Serve immediately.