



persiMon® and Watercress Salad with Blue Cheese Dressing

This salad is such a great surprise, it is fresh and so flavourful, once again the combination of sweet and salty is perfectly played.

Makes 4-6 servings

Ingredients

2 bundles of green or red watercress
4 finely sliced radishes
1 persiMon® cut into large cubes
16 mint leaves torn by hand
1/2 cup (125 ml) pomegranate seeds
drizzle of olive oil from Spain
blue cheese dressing to taste

Blue Cheese Dressing

3/4 cup (175 ml) sour cream
3/4 cup (175 ml) mayonnaise
1/2 cup (125 ml) buttermilk
1 garlic clove
1 tbsp (15 ml) Meaux mustard
2 tbsp (30 ml) Worcestershire sauce
2 tbsp (30 ml) lemon juice
1 tbsp (15 ml) Sherry vinegar
2 green onions minced
2 tbsp (30 ml) parsley
1/2 cup (125 ml) blue cheese
2 tbsp (30 ml) grated parmesan cheese
salt & pepper

Preparation

For the dressing, place all the ingredients in the blender and mix until a smooth texture is achieved.

For the salad, gently mix all the ingredients with the olive oil. Drizzle with the blue cheese dressing to taste. Place in salad bowl or on a large serving plate.

