



## **KALE AND APPLE SALAD WITH MISO MAPLE DRESSING**

**SERVES 6 TO 8**

### **For the dressing:**

- ¼ cup fresh lemon juice
- 1 small clove garlic, grated on a microplane, or 1 teaspoon roasted garlic
- 1 tablespoon tahini
- 2 teaspoons maple syrup
- 1 tablespoon white miso
- ¼ teaspoon kosher salt
- Freshly ground pepper
- ¼ cup extra-virgin olive oil

### **For the garnish:**

- 2 tablespoons vegetable oil
- ¼ cup pepitas

### **For the salad:**

- 2 large bunches Tuscan kale (about 2 pounds total), center stems stripped out, and shredded (see below for tip)
- ½ medium head fennel, trimmed
- 1 medium apple
- 2 ounces aged gouda, shaved with a vegetable peeler or mandoline

1. Mix the lemon juice, garlic, tahini, maple syrup, miso, salt, and pepper in a small bowl, using a fork to combine thoroughly. Slowly drizzle in the oil, using the fork to incorporate it, and set aside.
  2. Add the vegetable oil to a small skillet and heat over medium heat. Add the pepitas and cook until they sizzle and pop and turn slightly brown (but don't overcook!), about 3 minutes. Using a slotted spoon, scoop them out onto a paper towel-lined plate. Sprinkle with kosher salt.
  3. Using a mandoline if you have one, shave the fennel as thinly as possible (or cut very thinly with a knife). Cut the apple into quarters, cut out the core and seeds, and shave thinly on the mandoline, or again just using a knife.
  4. Place the shredded kale in a large serving bowl. Pour most of the dressing over top of the kale, and, using your hands, lightly massage the kale leaves to both soften them and coat them evenly in the dressing. Add salt and pepper to taste. If it needs more dressing, add it. Toss some of the fennel and apples into the salad, saving some for the top. Top with the cheese, the toasted pepitas, and the apple and fennel slices you saved for garnish.
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### A few tips

- **Some notes on kale:** If you can't find Tuscan kale (which is also known as lacinato or dinosaur kale), curly kale will work. I used to take the time to carefully roll up kale leaves like a cigar and slice them thinly into fine ribbons, but then I realized that my food processor, when fitted with the slicing blade, can shred the kale in just seconds! So that's what I usually do. If you don't have a food processor, get into the zen of slicing the kale by hand.
- **If you're missing a dressing ingredient:** If you are out of one of the dressing ingredients—like the miso, tahini, or maple—you can easily improvise by adding some honey mustard or Dijon mustard instead. Add a little at a time, taste-testing until the flavors are balanced. If you are a mustard fan, you can even add a spoonful to the recipe as it's currently written for added sharpness.
- **If you are prepping ahead:** As I mentioned, this is a great dish for making ahead of time, even up to a day in advance. However, I would wait until just before meal time to shave or slice your apples so that they don't turn brown. If you are taking this dish to a friend's house, you could pre-slice the apples at home, store them separately in a sealed bag, and spritz them with some lemon juice to help prevent browning. Incorporate them into the rest of the salad just before meal time.