



Kale Salad with Brussels Sprout Leaves & Lemon Vinaigrette

Season 10

We were excited to hear that Top Chef would be filmed in Seattle for season 10. We ended up being

somewhat disappointed to see so few Seattle food spots highlighted in the season and that the last 4 episodes were actually on a cruise and in Alaska. We felt a bit short handed. Few women have won Top Chef so it was exciting when Brooke Williamson won the season. This is her recipe for a great, bright salad that the judges raved about.

Brooke Williamson Top Chef, Season 10, Episode 1

Ingredients

For the salad:

- One head curly kale, torn and de-stemmed
- 8 anchovy filets, julienned
- Separated outer leaves from 6 large Brussels sprouts

For the lemon vinaigrette:

- 3 tablespoons lemon juice
- 1 tablespoons red wine vinegar
- 1 tablespoons whole grain mustard
- One shallot finely diced
- 1 tablespoons honey
- Salt and black pepper to taste
- 3 tablespoons extra virgin olive oil
- 2 filets of white anchovies, finely chopped

For the beet vinaigrette:

- One small shallot, diced
- One clove garlic
- 2 tablespoons honey
- 2 tablespoons red wine vinegar

- Salt to taste
- One medium red beet, cooked, peeled and diced
- 3 tablespoons olive oil

Directions

To make the salad:

Toss all ingredients together in a large bowl

To make the lemon vinaigrette:

Whisk all ingredients together until well combined

To make the beet vinaigrette:

Place all ingredients in blender except for the oil. Puree until smooth and slowly drizzle the oil into the blender.

Plating:

Place the beet vinaigrette on bottom of plate. Toss greens with lemon vinaigrette and place a mound of salad on top of the beet vinaigrette. Garnish with kale chips if desired.