

Carrot and Walnut Salad

Recipe 63 of 365

I dug out my rarely used mandolin to make long, thin, ribbony strips of carrot, but cut them however you choose; you can also use a vegetable peeler to make long strips, or grate them on a box grater or using a food processor.

Use good-quality sea salt, vinegar, and oil for this recipe.

TIME: 10 minutes, plus 30 minutes (or overnight) to marinate

MAKES: 4 – 5 servings

2 teaspoons Dijon mustard
1 tablespoon champagne vinegar
Salt and freshly ground pepper
2 tablespoons walnut oil
1 pound carrots, peeled and either ribboned or grated
1 cup toasted walnuts
Juice from about 1/4 lemon
1 tablespoon chopped fresh chives, parsley, or dill

Whisk the mustard, vinegar, and a little salt and pepper together in the bottom of a mixing bowl. Add the oil in a slow, steady stream, whisking until the oil is fully incorporated. Add the carrots, toss to coat, and let the carrots marinate at room temperature for 30 minutes (or overnight in the refrigerator), or until the carrots begin to soften, stirring every 10 minutes or so.

Just before serving, add the walnuts, a big squeeze of lemon juice, and the herbs, and toss to mix. Season to taste with salt and pepper before serving.