

# Shrimp and Fennel Salad with Champagne Vinaigrette

Surprising Salads | May 2008



*Turmeric is the root of a plant related to ginger and gives food a wonderful saffron-like hue. Look for it in the spice aisle.*

PREP: 30 MINUTES MARINATE: 1 HOUR COOK: 3 MINUTES

- 1/4 CUP CANOLA OIL
- 2 TBSP. LEMON JUICE
- 2 CLOVES GARLIC, MINCED
- 2 TSP. GROUND TURMERIC
- 1 TSP. KOSHER SALT
- 1/4 TSP. CAYENNE PEPPER
- 1 1/4 LB. LARGE SHRIMP, PEELED AND DEVEINED
- 2 TBSP. CANOLA OIL
- 1 RECIPE *CHAMPAGNE VINAIGRETTE*
- 6 CUPS MÂCHE OR BIBB LETTUCE, COARSELY TORN
- 4 CUPS SORREL OR ARUGULA, TOUGH STEMS REMOVED
- 1 MEDIUM FENNEL BULB, TRIMMED AND VERY THINLY SLICED\*

For marinade, whisk together 1/4 cup canola oil, lemon juice, garlic, turmeric, salt, and cayenne pepper in a large bowl. Add the shrimp; toss to combine. Cover with plastic wrap and refrigerate for 1 to 4 hours. Drain, discarding marinade.

In a large skillet heat 2 tablespoons oil over medium-high heat for 1 minute. Add shrimp; cook 2 to 3 minutes or until opaque. Use a slotted spoon to transfer shrimp to a medium bowl; set aside.

Set aside 3 tablespoons *Champagne Vinaigrette*. Add the mâche and sorrel to remaining vinaigrette; toss to coat.

Divide greens among individual plates or transfer to a large serving dish. Top with fennel and shrimp. Pass reserved vinaigrette. Makes 4 servings.

\*TIP: To thinly slice the fennel bulb, use a vegetable peeler or a mandoline.

**CHAMPAGNE VINAIGRETTE:** In a very large bowl whisk 3 tablespoons champagne vinegar, 2 tablespoons lemon juice, 3 tablespoons snipped fresh chervil or basil, 2 finely chopped green onions, 1 teaspoon kosher salt, and 1/2 teaspoon freshly ground black pepper. Slowly add 1/4 cup canola oil, whisking constantly.

Per serving: 425 cal., 26 g total fat (2 g sat. fat), 215 mg chol., 977 mg sodium, 15 g carbo., 3 g dietary fiber, 34 g protein.