

A CenFully Good Recipe from



Pan-Roasted Pear Salad With Frisee, Goat Cheese, and Almonds

Ingredients

- 3 ripe but firm pears (about 1 1/2 pounds), quartered and cored (Bartlett pears are best but Bosc can be used)
- 2 1/2 teaspoons sugar
- Table salt and ground black pepper
- 2 Tablespoons olive oil plus an additional 2 teaspoons
- 4 Tablespoons balsamic vinegar
- 1 small shallot , minced (about 1 tablespoon)
- 1/2 medium head green leaf lettuce, washed, dried, and torn into 1-inch pieces (about 4 cups)
- 1/2 medium head frisée, washed, dried, and torn into 1-inch pieces (about 4 cups)
- 4 ounces crumbled goat cheese
- 3/4 cup almonds , toasted and chopped

Preparation

1. Toss pears, 2 teaspoons sugar, 1/4 teaspoon salt, and 1/8 teaspoon pepper in medium bowl. Heat 2 teaspoons oil in large skillet over medium-high heat until just smoking. Add pears cut-side down in single layer and cook until golden brown, 2 to 4 minutes. Using small spatula or fork, tip each pear onto second cut side; continue to cook until second side is light brown, 2 to 4 minutes longer. Turn off heat, leave skillet on burner, and add 2 tablespoons vinegar; gently stir until vinegar becomes glazy and coats pears, about 30 seconds. Transfer pears to large plate and cool to room temperature, about 45 minutes. Cut each pear quarter crosswise into 1/2-inch pieces.

2. Whisk remaining 2 tablespoons oil, remaining 2 tablespoons vinegar, remaining 1/2 teaspoon sugar, and shallot together in large bowl; season to taste with salt and pepper. Add lettuce, frisée, and cooled pears to bowl; toss and adjust seasonings with salt and pepper. Divide salad among individual plates; top each with portions of cheese and nuts. Serve immediately.