Grilled pear salad with fresh curd & walnuts

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Whether eaten raw or cooked, Australian pears are essential fare for maintaining good digestive health and can be eaten with just about anything.

Ingredients

- 4 Beurre Bosc [Pears](#)
- ¼ cup extra-virgin olive oil
- Sea salt to season
- 2⁄3 cup [walnuts](#), roasted
- 1 radicchio
- 2 bulbs white witlof
- 200g gruth or fresh ricotta
- ½ bunch chervil

Dressing (yields 200 ml)

- ½ cup extra-virgin olive oil
- 4 tsp red wine vinegar
- 2 tsp vino cotto
- Sea salt to season

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Method

Pre-heat a fan-forced oven to 180˚C.

Place a cast iron griddle pan or a BBQ grill plate on high heat.

Slice pears into approximately six slices each (lengthways, don't core), toss in the olive oil and season with salt. Grill on hot grill plate for approximately seven minutes per side.

Roast walnuts in the pre-heated oven for five to eight minutes. When ready place in tea towel/cloth and rub skins off, set aside to cool.

Remove outer green leaves from radicchio and discard, using the inner leaves, and pull witlof apart, wash well and spin dry.

To make dressing mix all ingredients together, stir well, season to taste.

Toss the leaves with half the walnuts, a little vinaigrette (just enough to coat the salad leaves) and then separate ingredients into four serves.

Add the leaves to the plate, add grilled pear, another sprinkle of walnuts, dob on gruth or ricotta and top with chervil.

Mix dressing again and drizzle a little more over the top.

Serves four to six. Served as a shared dish in the centre of the table.

Recipe by: *Maggie Beer*

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