



# Fennel salad with apple and caramelized walnuts

מתכון מאת V-ZUG Ltd.



Preparation	30 Mins
Cooking time	15 Mins
מנות	4

Crunchy fennel, green apple and caramelized walnuts bring freshness to the plate. A fine salad with balanced sweetness.

## Walnuts

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- 100 g water
- 50 g sugar
- 150 g walnut kernels
- ½ tsp fleur de sel

## Apple vinaigrette

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- 75 ml apple cider vinegar
- 25 ml sherry vinegar
- 150 ml rapeseed oil
- 100 g apple juice
- 2 tsp sugar
- Some pepper

## Salad

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- 2 fennel bulbs, trimmed and thinly shaved lengthwise
- 1 apple, quartered, cored and thinly sliced





## Walnuts

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Bring the water and sugar to a boil in a frying pan. Allow to simmer until the sugar has dissolved before adding the walnuts and then continue to simmer, stirring all the time, until caramelized. Turn the caramelized walnuts out onto baking paper, sprinkle with a little fleur de sel and leave to cool down.

## Apple vinaigrette

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Put the apple cider vinegar and all the ingredients up to and including the pepper into a tall vessel, then blend to a creamy vinaigrette using a hand blender.

## Salad

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Put the fennel and apple in a bowl, pour over the vinaigrette and mix together well. Scatter the walnuts over the top of the salad.

## עצות

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Hazelnuts or mixed seeds can be used in place of walnuts.

