

BACON & CORN & BLUEBERRY KALE SALAD

This salad has it all: salty, sweet, bitter, sour and savory! Corn + blueberries are a great combo and bacon certainly works well with both, and altogether with kale & cheese as well. The late season kale needs some extra love due to the early Summer heat to temper the pungent & astringent flavors, so sweetness from berries, saltiness from bacon & sourness from vinegar all work in concert to provide a tasty and filling salad.

Ingredients

1 Bunch Kale, stems removed

2 large ears Corn, kernels removed

1 Cup Blueberries

4 rashers Bacon, chopped

1 medium Shallot, minced (about 2 Tablespoons)

2 Tablespoons Sherry Vinegar

2 teaspoons Dijon mustard

¼ teaspoon ground Black Pepper

¼ teaspoon Salt

2 - 3 Tablespoons Blended Oil

2 ounces Feta or Cotija cheese

Directions

Crisp bacon in a sauté pan over medium heat, about 6 - 8 minutes. When fat has rendered out and bacon is halfway crisp add the shallot and cook for another 2 - 3 minutes.

Meanwhile, place kale in a food processor a handful at a time and purée until just chopped evenly, then pour into a mixing bowl. When shallot is slightly browned, add vinegar and mustard, salt & pepper.

Use a whisk to incorporate oil in a steady stream using as much as you need to balance acidity (remember there is the bacon grease as well!)

When the dressing is ready add the corn kernels to combine and leave to heat through.

When ready to eat, toss the kale with blueberries and corn and dressing.

Spoon into a serving bowl and crumble cheese over the top.

Not suitable for leftovers as the kale is chopped very fine and becomes un-palatable after several hours once dressed.