

# Kale Slaw with Cranberry Vinaigrette & Fried Goat Cheese

*oregano + grapefruit + lemon*



**Yield:** 6-8 servings

## Ingredients

### Cranberry vinaigrette:

4 oz fresh cranberries

3 tablespoons brown sugar

1 tablespoon granulated sugar

1 tablespoon lemon juice

2 tablespoons white wine vinegar

3 tablespoons grapefruit juice

2 tablespoons lemon juice

½ teaspoon lemon zest

1 teaspoon Dijon mustard

½ cup safflower oil (or any neutral oil)

½ teaspoon salt

¼ teaspoon black pepper

1 teaspoon minced oregano

### Kale slaw:

9 oz chiffonade kale leaves (see Kayla's notes)

5 oz halved and sliced Brussels sprouts (see Kayla's notes)

### Fried goat cheese:

½ cup flour

½ cup breadcrumbs

3 eggs, lightly beaten

Salt and pepper

11 oz goat cheese log

½ cup safflower oil (or any oil for high heat)

## **Directions**

### **Cranberry vinaigrette:**

In a small saucepan, combine the cranberries, brown sugar, granulated sugar, and lemon juice. Over medium heat, cook until the bubbling and the cranberries begin to burst. Reduce the heat to low and continue to cook until thick and homogenous, about 15 minutes longer. Remove the cranberry mixture from the pan and let cool. Whisk together the white wine vinegar, grapefruit juice, lemon juice, lemon zest, Dijon mustard, and cooled cranberry mixture in a large mixing bowl. Slowly drizzle in the oil, whisking continuously until emulsified. Stir in the oregano and season with the salt and pepper.

### **Kale slaw:**

Add the chiffonade kale and the sliced Brussels sprouts to the vinaigrette. Toss well to combine. Let the slaw marinade for at least 30 minutes in the refrigerator. Serve cold or room temperature.

### **Fried goat cheese:**

Create a dredging station using 3 separate mixing bowls – one for the flour, one for the lightly beaten eggs, and one for the breadcrumbs. Season the eggs and breadcrumbs with salt and pepper. (Make sure the goat cheese is cold so it slices easily and doesn't melt immediately when fried.) Using a piece of dental floss (it works best), slice the goat cheese into ½-inch rounds. Pass each round through the dredging station, first coating in flour, then egg, and finally breadcrumbs. Make sure you pack the breadcrumbs firmly into each side of the round so they stick. Set the rounds on a sheet rack until all of them are dredged. In a 10-inch sauté pan, heat the oil over high heat. Working in batches, place the rounds in the hot oil so it sizzles. Reduce the heat to medium and cook until golden brown, only about 1-2 minutes per side. Watch the goat cheese closely...you don't want it to melt into the oil. Transfer the rounds to a paper towel lined plate. Repeat this process until all of the rounds are cooked. Serve warm.

### **To serve:**

Pile a heaping amount of kale slaw onto a plate and top with a slice of fried goat cheese. Garnish with a leaf of oregano.

## **Kayla's Notes**

For the kale, first wash it well and let dry. Strip the leaves away from the stem by holding the bottom end with one hand and sliding your hand down the stem with the other. When all of the stems are removed, take a handful and roll them up lengthwise, making a long bundle. Run your knife through the bundle lengthwise, creating thin strips of kale leaves.

For the Brussels sprouts, first remove each end. Cut each in half lengthwise and slice horizontally through each half as thinly as possible, creating shaves a Brussels sprouts.