

## DIET

### Cook with Chef Walter

by Carole Walter

I'm an award-winning cookbook author as well as a cooking teacher, best known for my passion, baking. However, I've had MS for many years, so I understand the problems and frustrations that we can face in the kitchen. To learn more about me, check out my Web page, [carolewalter.com](http://carolewalter.com).

I would like to help make cooking easier and more enjoyable—while keeping an eye on



SHERYL TAYLOR

**Chef Walter demonstrated her love of baking at the 2007 National Conference. Here she shows off a plate of brownies, made to her recipe by the hotel staff.**

kitchen safety. A refreshing salad using the best of the spring season produce is a great way for us to start.

#### Kitchen tips

**Tip #1:** Before starting any recipe, make sure you assemble your equipment and ingredients.

**Tip #2:** To prevent your cutting board from slipping, place a few layers of damp paper towel underneath it.

Do you have helpful tips on getting around in the kitchen? I would like to include them on the Society's Web site. Please send tips—or questions—to me at [cgwalter1@comcast.net](mailto:cgwalter1@comcast.net).

#### Clementine & Avocado Salad

Serves 4–6

Clementines are members of the Mandarin Orange family. They are similar to tangerines, except they are sweeter, easier to peel, and usually seedless. I favor the Hass variety of avocados. They are ripe when somewhat soft to the touch and the skin is almost black in color.

#### Equipment:

Food processor, cutting board, serrated knife, paring knife, large spoon, mixing bowl.

#### Basic vinaigrette:

½ small shallot, peeled  
¼ cup red wine vinegar  
1 tablespoon Dijon mustard  
1 teaspoon kosher salt

⅛ teaspoon ground pepper  
¼ teaspoon dried thyme  
½ – ¾ cup canola oil  
¼ cup extra virgin olive oil

#### Salad:

Few slices of red onion, halved, soaked in ice water for 10–15 minutes  
3 clementines, peeled  
2 ripe avocados, halved, pit removed  
Salt and pepper, to taste  
1 bag mixed salad greens, washed and well dried

#### Make the vinaigrette:

Using a food processor fitted with the steel blade, with the processor on, drop the shallot through the feeder tube and process 5 seconds. Add vinegar, mustard, salt, pepper, and thyme and process for 10 seconds.

With the processor running, slowly drizzle in the canola and olive oils through the feeder tube. Taste for seasoning.

#### Make the salad:

On a cutting board, slice the clementines in half across the core using a serrated knife. Separate them into sections and place in a bowl. Drain and dry the onions and add them.

Using a large spoon, scoop out the avocado flesh and slice it into ¾-inch chunks. Add to the clementines. Add ¼ cup of the vinaigrette and toss *gently* to combine. Season with salt and pepper. This mixture can be made up to one hour before serving.

Arrange a handful of salad greens onto plates. Mound spoonfuls of the orange/avocado mix over the greens.