

WHOLE ANDEAN PUMPKIN SALAD WITH MINT, ARUGULA AND GOAT CHEESE

Prepared by: Steve Bullock, November 2018

Source: Seven Fires

1 Andean-type pumpkin, about 5 pounds, stem removed

Vinaigrette:

2 tablespoons finely chopped fresh mint

¼ cup red wine vinegar

½ cup extra virgin olive oil

Course salt and freshly ground black pepper

8 ounces Bucheron or similar goat cheese, cut into ½ inch slices

1 large bunch arugula, trimmed, rinsed and dried

Prepare the embers if using wood fire or preheat the oven to 375 degrees. Put the pumpkin in the embers and cover it completely. Cook until the temperature in the center registers 150 degrees. Or put in a roasting pan and roast in the oven for 40-45 minutes.

While the pumpkin is cooking, make the mint vinaigrette. Put the chopped mint in a small bowl. Whisk in the red wine vinegar, then whisk in the olive oil in a steady stream. Season to taste with salt & pepper.

When the pumpkin is cooked, remove from the embers or oven and let stand a few minutes. Slice horizontally in half with a long serrated knife, and use a sharp spoon to scrape out all of the seeds and fibers.

Divide the goat cheese between the pumpkin halves, and put the arugula on top of the goat cheese. Pour half the mint vinaigrette over each salad. Gently scrape the pumpkin flesh from the shells with the spoon, combining it with the greens and dressing. Toss as you would a salad. Serve immediately.

