

THE SPINSTER SISTERS

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Summer Salad of Cucumber, Watermelon, Pistachio and Feta with Lemon Fennel Vinaigrette.

Paired with Mercury Wine, 2019 Sauvignon Blanc

Ingredients:

Serves 2-4

Salad:

1 large Painted Serpent Cucumber, halved and thinly sliced (keep scraps for vinaigrette)
Heirloom Watermelon, cut into chunks and seeded
½ Sheep's Milk Feta, cubed
3 Tbs toasted pistachios, roughly chopped
2 Cups Baby Wild Arugula
Salt and Pepper

Vinaigrette:

½ small shallot, finely diced
2 Tbs champagne vinegar
¼ tsp fennel seed, toasted and ground
¼ Tsp Lemon Zest
2 Tbs Fresh Lemon Juice
½ Tsp Grated Fresh Ginger
1 sprig fresh mint, leaves picked and thinly sliced
¾ Cup Neutral Oil (Canola or Grapeseed)
¼ Cup Extra Virgin Olive Oil
Salt and pepper

To Make the Vinaigrette:

Place the shallot, lemon juice and champagne vinegar into a small mixing bowl, and add a pinch of salt. Leave to macerate for 10 minutes, then whisk in the ground fennel seed, lemon zest, mint and ginger and a few grinds of fresh black pepper. Whisk in the two oils, then taste for seasoning, adding more salt as needed.

For the Salad:

Place the Cucumber, arugula and watermelon into a bowl and add 3 Tbs of the vinaigrette. Toss gently with a pinch of salt and 2 grinds of fresh black pepper. Pour out onto the platter, and then add the feta to the same bowl. Add two more Tbs of the Vinaigrette and toss gently to coat. Using a spoon, tuck the feta chunks between the pieces of melon and cucumber. Sprinkle the pistachios over the top and serve directly.

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