

Serafina



**MODERN
ITALIAN
CUISINE FOR
EVERYDAY
HOME COOKING**

VITTORIO ASSAF & FABIO GRANATO

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RIZZOLI
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CHOPRA SALAD

Walnuts have been cultivated in the Campania region of the Italian peninsula since the first century C.E., as confirmed by wall paintings in the Villa dei Misteri in Pompei that depict walnuts. The most highly prized walnuts in the region are Sorrento walnuts, which originated (perhaps obviously) in the Sorrento area, where both microclimate and soil conditions are excellent. Deepak Chopra, who writes eloquently of the mind-body benefits of a healthy diet, inspired this favorite.

SERVES 4

1 small bunch asparagus

1 head Boston lettuce

20 cherry tomatoes

3 medium Bosc pears

1 cup chopped walnuts

¼ cup Dijon mustard

Freshly squeezed juice of ½ lemon

¼ cup extra-virgin olive oil

¼ cup white wine

3 tablespoons balsamic vinegar

½ cup heavy cream

Salt to taste

Freshly ground black pepper to taste

Bring a pot of water to a boil and cook the asparagus until tender but still crisp in the center. Drain thoroughly and cut into 2-inch lengths.

Chop the lettuce, halve the cherry tomatoes, and cut the pears into wedges, coring them if necessary. Combine the asparagus, lettuce, tomatoes, pears, and walnuts in a large salad bowl.

In a small bowl, whisk the mustard, lemon juice, olive oil, wine, vinegar, and cream until smooth. Season to taste with salt and black pepper. Drizzle the dressing over the salad. [You may not need all of it. Any leftover dressing will keep, covered, in the refrigerator for several days. Whisk to combine before using.] Toss the salad with the dressing and serve.