

Watercress Salad

Disney's Animal Kingdom Lodge

Boma

Ingredients

- 1/2 cup Golden Raisins, soaked in hot water and drained
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- 1/2 cup Carrots, diced small and roasted
- 1/2 cup Parsnips, diced small and roasted
- 2 ounces Safflower Oil
- Salt and Pepper to taste
- 1/2 head Bok Choy, very finely thin sliced
- 2 bunches Watercress, washed, dried and cut into 3 sections
- 1/4 cup Almonds, roasted
- Raisin Vinaigrette
- 1/2 cup Raisins, soaked in hot water and drained
- 3 tablespoons Sugar
- 1/2 cup Rice Vinegar
- 1 tsp Ground Ginger (dry)
- 1/2 tsp Ground Coriander (dry)
- 1/4 tsp Ground Turmeric (dry)
- 1/2 cup Safflower Oil



Directions

1. Soak both raisins in hot water for 5 minutes or until soft. Set aside.
2. Place diced parsnips and carrots in a bowl. Add oil and salt and pepper.
3. Place on a sheet pan and roast in the oven at 350 o for 10 minutes or until soft and caramelized.
4. Let cool and set aside.
5. Wash the bok choy and slice thin. Set aside. Wash the watercress and cut into 3 segments. Set aside.
6. To make vinaigrette: Soak the raisins in hot water for 5 minutes or until the raisins are soft. Drain. In a small bowl, place all the vinaigrette ingredients except the oil. Using a blender, puree the ingredients and add oil slowly until emulsifies. Set aside.
7. Mix all the ingredients together and add the vinaigrette. Mix well and serve.

