

Carrot and Hazelnut Salad

I'm not normally the kind of girl who eats a bowl of carrot salad and calls it lunch. (I make fun of those girls.) Tangled together in a mixing bowl, though, this combination of freshly grated carrots (the pre-shredded kind really won't do), spunky vinaigrette, and earthy, crunchy hazelnuts makes me think twice about adding a sandwich.

Use good-quality sea salt, vinegar, and oil for this recipe.

TIME: 25 minutes (including toasting nuts)

MAKES: 4 servings

1 cup hazelnuts

1 tablespoon Dijon mustard

2 tablespoons champagne vinegar

Salt and freshly ground pepper

1/4 cup hazelnut oil

1 pound carrots, peeled and grated

2 tablespoons roughly chopped fresh parsley

First, toast the hazelnuts: Preheat the oven to 350 degrees. Roast the nuts on a baking sheet for about 10 minutes, or until the skins begin to darken and peel away from the nuts themselves. Rub the nuts in a textured tea towel to remove the skins, roughly chop, and set aside.

Whisk the mustard, vinegar, and a little salt and pepper together in the bottom of a mixing bowl. Add the oil in a slow, steady stream, whisking until the oil is fully incorporated. Add the carrots, hazelnuts, and herbs, along with additional salt and pepper, if needed, and toss to coat.