

Sweet Potato Salad with Caramelized Red Onions

SERVES 8

INGREDIENTS

Dressing

- ¾ cup grapeseed oil, olive oil or a mixture of the two
- 2 medium (½ ounce total) dried guajillo chiles (or New Mexico chiles) ★, stemmed and seeded
- 2 garlic cloves, peeled and cut in quarters
- ¼ cup balsamic vinegar
- kosher salt

Salad

- 1 large red onion, cut into ½-inch cubes
- 3 medium (about 2 pounds) sweet potatoes, peeled and cut into ½-inch cubes
- 4 loosely-packed cups baby arugula
- kosher salt

★ J.NOELLE NOTES

"No matter where you buy them, never buy dried chiles that are brittle or crumbling – dried-out chiles have very little flavor. They should be pliable and, when you open the package, they should smell like spicy dried fruit."

Storing: *In an airtight container, in a cool, dark place for 6 months or, preferably, in the freezer (to guard against any moth infestation) for a year or more."*

source: *Mexican Everyday* by Rick Bayless

WHERE TO BUY

www.penzey.com
www.mexgrocer.com
www.gourmetsleuth.com



FIRST

Pour the oil into a 12-inch skillet and set over medium heat. When the oil is warm, but not smoking, add the chiles and garlic. Turn and stir until the chiles are toasty smelling, about 30 seconds. Remove from heat.

Transfer the chiles to a blender (leave oil and garlic in skillet). Add the balsamic vinegar and 1 teaspoon kosher salt. Blend for 30 seconds. When the oil and garlic are cool (5 to 10 minutes), add to the chile mixture and blend dressing until smooth (set aside skillet without washing). Taste and season with additional salt, if necessary. Pour into a jar and secure lid.

NEXT

Return the skillet to medium heat (it will have a light coating of oil) and add the onion. Cook, stirring regularly, until soft and richly browned, 9 to 10 minutes. Add the sweet potatoes, ½ cup of the reshaken dressing and 1 teaspoon of salt. Stir well. Cover and cook until the sweet potatoes are tender, about 10 minutes. Uncover, remove from heat and let cool – most of the dressing will be absorbed into the potatoes. Taste and season with additional salt, in necessary.

TO SERVE

Divide arugula among eight plates, forming it into "nests". Scoop a portion of the sweet potato mixture into each nest. Drizzle a little dressing over the arugula. (Cover and refrigerate the remainder for another salad.) Serve right away.