

Cal-a-Vie: Arugula with Strawberries and Vanilla Champagne Vinaigrette

From above, Cal-A-Vie resembles a quaint Provençal village, as a cluster of peach stucco buildings tucked into a hillside amid birch trees. The 32 guest rooms are spread among Mediterranean-style cottages gathered around a central pool area. Across a bridge are tennis courts, a larger pool and the gym pavilion. Part of the property's charm is its intimate size, which imparts a real sense of privacy and seclusion.

RECIPE: SERVES 4

This crisp and light salad makes a perfect addition to a spring or summer meal. Pickled shallots are a delicious homemade condiment that is easy to make and delivers a pop of flavor. Pickling is a form of fermentation, which nourishes the digestive tract with healthy probiotics.

Pickled Shallots

1 cup champagne vinegar
½ cup sugar

1 tablespoon sea salt or kosher salt
2 cups thinly sliced shallots

In a small saucepan, add the vinegar, sugar and salt. Bring to a boil. Remove from the heat and pour over the sliced shallots. Cool and then place in the refrigerator for at least 4 hours.

Vanilla Champagne Vinaigrette

1 cup champagne vinegar
¼ cup honey
2 tablespoons Dijon mustard



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Vanilla Champagne Vinaigrette (continued)

1 teaspoon sea salt

1 vanilla bean, scraped

½ cup water

1½ cup grapeseed oil

In a blender, combine the vinegar, honey, mustard, salt, vanilla bean scraping and water.

Blend on high. While blending, slowly add the oil until completely emulsified. Set aside in the refrigerator.

Salad Assembly:

4 cups arugula

1 cup strawberries, hulled and quartered

1 cup cherry tomatoes, halved

1 cup Pickled Shallots

½ cup crumbled goat cheese

½ cup slivered almonds, toasted

½ cup Vanilla Champagne Vinaigrette

In a large bowl, combine all the ingredients and toss. Divide among 4 plates.