

Oat and Asian Pear Sausage with Seared Avocados and Kale, Carrot and Blueberry Salad



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FOUNDATION**

ingredients

- 2 whole avocados, peeled, pitted and cut into 8 quarters
- salt and white pepper, to taste
- 4 tbsp olive oil
- Oat Sausage
- Kale and Carrot Mixture
- Blueberry Vinaigrette

Quaker Oat and Asian Pear Sausage

- 4 c Quaker Old-Fashioned Oats
- 48 oz Pork Butt, large diced
- Pinch of salt
- 2 tbsp ginger, minced
- Pinch of white pepper
- 16 tbsp water
- 1 tsp fresh sage, chopped
- 1 Asian pear, peeled and small diced

Kale, Carrot and Blueberry Salad

- 2 small carrots, peeled with ends removed
- 4 c kale leaves, julienne
- 5 pint blueberries
- 2 tbsp tarragon leaves, chopped
- 2 tbsp rice wine vinegar
- 4 tbsp extra virgin olive oil
- Pinch of salt

instructions

1. Season the avocados with the salt and pepper on all sides.
2. In a cast iron pan heat two tablespoons of olive oil over medium-high heat. Sear the avocados on the flat sides until golden brown. Remove from the pan.
3. Heat the remaining olive oil and place the sausage patties in the pan and sear for about 1 minute or until golden brown. Turn the patties over and continue to cook on the opposite side until patties are completely brown on all sides. Remove from pan. You may have to do this step more than once depending on the size of your pan.
4. Toss the kale and carrot mixture with the blueberry vinaigrette.

For the sausage:

1. Place half the Quaker Oats in a food processor and grind for about 30 seconds or until fine. Mix with whole oats.
2. Mix the pork, salt, ginger and white pepper together in a mixing bowl and let sit in refrigerator for 1 hour.
3. Grind the mixture through a 3/16-inch grinding plate into a separate bowl. Add the water, Quaker Oats, sage, and mix by hand until thoroughly combined. Place mixture back in refrigerator and allow and chill for another hour.
4. Fold in the diced pear. Mold the mixture into 8 equal patties about 3/4 of an inch thick.

For the salad:

1. Create carrot stripes by using a peeler. Mix with the kale and reserve.
2. Place the blueberries and tarragon leaves in a mixing bowl. Add the rice wine vinegar and extra virgin olive oil to the bowl with the pinch of salt.
3. Mix the berry mixture with a spoon, making sure to smash a few with the back of the spoon to release some of the flavor and color into the vinaigrette. Reserve.

To assemble:

1. Place two avocados along with two sausage patties per plate and serve with kale and carrot salad.