

*Restaurant “Go Fish” of St. Helena  
presents  
Baby Spinach, Arugula and Frisee Salad with  
Whole Grain Mustard Vinaigrette  
paired with Lamborn Family 2004 Zinfandel*

**INGREDIENTS:**

1 bunch frisee lettuce – yellow only, washed in ice water  
1 bunch arugula  
1 bunch baby spinach  
2 ea. Shallots sliced and cooked in oil  
½ cup champagne vinegar  
1-1/2 cup grapeseed oil or your favorite neutral oil  
Kosher salt and pepper

**PREPARATION:**

Wash all greens by placing in ice water and lifting out allowing dirt to sink to bottom. Shake off excess water and spin in salad spinner. Place in mixing bowl and cover with damp towel and set aside.

For vinaigrette, place shallots in oil and cook in oven till tender at 350 degrees. Cool oil and shallots down and blend shallots, vinegar and mustard and slowly add oil to blender until all oil is added.

Toss greens with salt, black pepper and vinaigrette and place in center of 10” plate.