



## **Avocado-Papaya Salad with Papaya Seed Dressing**

Serves 6

For this dish, you want ripe papayas, with tender but not mushy flesh. The skin should be bright yellow with a few mottled spots, and the fruit should be sweet-smelling and aromatic. The papaya has small black seeds that look a little like capers or caviar. These seeds have a little heat in them, and they can be used for a garnish or to add a little zip to salad dressings.

If you have mangoes that are ripe, they are wonderful here as well. If you would like to try something other than hazelnuts, pecans, almonds, macadamias, or pistachios would all be really nice, but I don't think walnuts would work.

1 or 2 papayas

### **Papaya Seed Dressing**

2 tablespoons papaya seeds  
3 tablespoons freshly squeezed lime juice  
3 tablespoons rice vinegar  
1 tablespoon plus 2 teaspoons honey  
2/3 cup olive oil  
2 small cloves garlic  
1/2 teaspoon toasted ground cumin seeds  
1 teaspoon sweet paprika  
1/4 teaspoon salt  
Freshly ground black pepper

2 cups baby mâche, or endive, lamb's lettuce, butter lettuce, or Bibb lettuce  
2 cups baby arugula  
2 or 3 avocados, peeled, pitted, and sliced  
1 1/2 tablespoons toasted hazelnuts, coarsely chopped  
Freshly ground black pepper  
1 lime, cut into 6 wedges

Split the papayas in half lengthwise. Scoop out the seeds, and set aside 2 tablespoons of seeds for the dressing, picking off any membranes attached to the seeds. Peel the papayas and cut crosswise into 1/4-inch-thick slices.

To make the dressing, combine all the dressing ingredients in a blender and blend until smooth.

To serve, dress the mâche and arugula with half the dressing, and pile this in the center of 6 salad plates. Alternate slices of avocado and papaya across the greens and drizzle with the remaining dressing. Sprinkle on the nuts and some freshly ground black pepper, and place lime wedges on the side. Or if you prefer, you could compose the plate with the fruit on the bottom and the greens on top.