

Fennel and Orange Salad

adapted from Stephanie Alexander Serves 4

Ingredients

- 2 medium sized fennel bulbs
- 2 large oranges, blood oranges or tangelos
- 1 red onion, sliced
- Extra virgin olive oil (EVOO)
- Salt and pepper

Method

- Remove outer stalks of the fennel and trim off the base of the bulb.
- Wash the fennel bulb thoroughly and slice very finely.
- Trim all the skin off the orange, making sure to remove the pith.
- Slice the orange horizontally so that the centre of the orange can be viewed on each piece.
- Remove the outer layer of the onion and slice thinly.
- Place one layer of orange around the outside of a flat plate, followed by a layer of fennel and then onion. Overlapping each layer by 2-3 centimeters each time.
- When the whole plate is finished drizzle with EVOO and grind fresh salt and pepper over the top.
- Serve immediately.

Cooks note:

Salad can be garnished with all or some of the following:

- Fennel leaves
- Black olives
- Capers