



FENNEL AND ORANGE SALAD

by Natalie Morris

NOW IN SEASON

Asparagus
Beets
Bok choy
Cabbage
Carrots
Cauliflower
Eggplant
Fava beans
Fennel
Garlic (green, then mature)
Grapefruit
Green beans
Greens: chard, collards, kale, mustard
Lemons
Microgreens
Onions (green, then mature)
Oranges (Blood, Valencia)
Peas
Potatoes (new)
Radishes
Rutabaga
Summer squash (baby)
Turnips

This refreshing salad is wonderful paired with grilled salmon, scallops or even lobster. If possible, use a mandolin or V-Slicer for the fennel and shallots to shave them as thinly as possible for the best texture. The fennel fronds, the feathery leaves on the stalks of the fennel, should be reserved as they add flavor and make a beautiful garnish.

Dressing:

¼ cup orange juice
1 tablespoon Chardonnay vinegar (or other light white vinegar such as Champagne)
1 teaspoon orange blossom honey
Salt and pepper, to taste

Salad:

1 large shallot, peeled and thinly sliced (¼ cup)
1 medium bulb fennel (approximately 2 cups thinly sliced)
1 small jicama (approximately 1½ cups peeled and diced into ¼-inch cubes)
2 tablespoons finely chopped fennel fronds
2 oranges, peeled and sliced horizontally

Combine all the ingredients for the dressing and whisk together. Set aside.

Thinly slice/shave the shallots and the bulb of the fennel (discarding the stalks but keeping the fronds). Finely chop the fronds to make 2 tablespoons. Dice the jicama into quarter-inch cubes.

In a bowl, combine the shallot, fennel, jicama and fennel fronds.

Toss with the dressing. Let marinate for roughly 15 minutes. (You can use this time to peel and slice the oranges.)

Add the orange slices to the salad and toss once more. (For a fancier presentation, cover a plate with the orange slices and top with the fennel mixture.)

Serves 3 to 4.