

Radish, Fennel, Orange Salad

This salad is so zingy and refreshing. It's light but has a nice kick to it — a good alternative to the standard green salad.

INGREDIENTS

2 large watermelon radishes, thinly sliced*
1 fennel bulb, thinly sliced**
1 orange, sectioned, sections sliced thinly
1 small red onion, thinly sliced
Few sprigs of arugula
Parmigiano, optional

Dressing

Not so much a recipe but a guide — mix two-thirds olive oil to one-third vinegar. You can also use half juice from an orange with half vinegar — red wine or champagne vinegar are nice options. Add a dash of dijon mustard, and sea salt and freshly ground pepper to taste.

** If you can't find these, use regular radishes. But you may need a bunch of radishes as they tend to be smaller than watermelon radishes.*

*** Try to buy a fennel bulb with the greens attached to use for garnish.*



Slice fennel, radishes and red onion thinly and place in a shallow bowl. Scatter several ice cubes on top. This will keep the vegetables crisp and is a better option than soaking them in ice water.

Take the orange and with a sharp knife, slice off the skin and pith. Then slice the orange in half and cut into thin slices. Alternately, you can peel the orange as you normally would and then slice each section in half lengthwise. But it's nicer to remove the skin from the orange sections.

Remove the ice cubes and toss the salad ingredients together with a handful of arugula. Toss with the dressing just before serving. Shave some parmigiano on top of the salad with a vegetable peeler. Clip some of the fennel fronds with scissors and scatter on top of salad.

From janepell.wordpress.com