



Orange and Fennel Salad

SERVES 4

My first experience with the way fennel, orange, and onion play together in this salad was in Morocco, but the second was with a similar salad in Israel—just one notable example of the similarity between these regional cuisines. The most challenging task when making the salad is segmenting the orange flesh away from the membranes. But take heart because you will find the result is so beautiful and satisfying. Don't forget, it's crucial to finish this salad with salt, as it brings out the flavors of the fennel. And if you prefer it a bit sweeter, don't hold back on the honey. Around the holidays you'll find me sprinkling on pomegranate seeds to add a bit of color and crunch to the salad's festive landscape.

INGREDIENTS

2 oranges	zest of one lemon
1/2 red onion, sliced thinly into half-moon shapes	2 tablespoons fresh lemon juice
2 bulbs of fennel	2 tablespoons honey
1/2 cup fresh basil and/or mint torn into small pieces	1 teaspoon salt, plus more for seasoning
1/4 cup olive oil	

PROCESS:

With a sharp knife, cut top and bottom off one of the oranges. Set the orange upright on a cutting board. Starting at the top of the orange, cut between the peel and the flesh, along the contour of the orange to its base, removing the peel. Continue cutting around the entire orange until all the peel and white pith is removed. Repeat with remaining orange and discard peel or save for another use. With a small sharp knife, cut along the inner membranes of the orange to remove the segments. Place segments into a large bowl and discard the membranes.

On a cutting board, cut stems and root off the fennel bulbs. Cut the bulbs in half, lengthwise. Trim out the core and discard. Lay each bulb, cut side down on board and thinly slice. Place in bowl with oranges, Stir in the basil and mint. In a small bowl, combine the olive oil, lemon zest, lemon juice, honey, and salt. Whisk until combined. Sprinkle the orange and fennel mixture with a teaspoon of salt and drizzle the dressing over salad. Gently toss and serve.