

# Fennel and Orange Salad

**Season:** Winter

**Serves:** 40 tastes

**Fresh from the garden:** lettuce, fennel, edible flowers

## Equipment:

Salad spinner

Large mixing bowl

Chopping boards

Cook's knives

Paring knives

Mandolin and protective glove

Measuring cups and spoons

Glass jar with well fitting lid

## Ingredients:

1 large lettuce

1 handful mixed coloured salad leaves

1 large fennel

1/2 red onion

4 oranges

Fennel fronds and edible flowers to garnish

## Dressing

2 tablespoons sherry vinegar

2 tablespoons orange juice

1/3 cup olive oil

Salt and pepper

## What to do:

1. Carefully check over the lettuce, discarding any discoloured leaves. Tear into bite sized pieces and wash thoroughly. Dry in small batches in the salad spinner and add to the large mixing bowl.
2. Using the mandolin and protective glove, slice the fennel and red onion as thinly as possible. Add to the mixing bowl.
3. Slice off the top and bottom of the oranges so they are stable on the chopping board. Carefully remove the remaining skin and white pith by cutting from top to bottom, following the shape of the orange. Cut the orange in half from top to bottom and line the flat sides down on the chopping board. Cut the orange into thin slices. Reserve the orange juice for the dressing. Add most of the orange to the mixing bowl, saving some for garnishing. Mix well.
4. Make the dressing by adding all the ingredients to the jar. Securely close the lid and shake until well combined. Taste and adjust seasoning if necessary. Just before serving, dress the salad and toss gently to combine (you may not need to add all the dressing).
5. Divide between the serving platters and top with reserved orange slices, fennel fronds and edible flowers.

