

WINTER ORANGE, OLIVE AND FENNEL SALAD



TIME TO PREPARE

20 - 30 Minutes



TOTAL TIME

20 Minutes



SERVES 6-8



Ingredients

- 3 medium oranges, choose a variety of navel, Cara Cara, blood, Satsuma and Valencia
- 1/2 cup [Sarafino Homestyle Baked Olives](#) OR [Davinia Harvest Spiced Kalamata Olives](#), smashed and pits removed
- 1 fennel bulb, core removed and thinly sliced*
- 1/4 cup Sarafino [OTTO](#), [ASPRO](#) or [MAURO](#) extra virgin olive oil
- 1 tbsp [Columela Sherry Vinegar](#)
- [Maldon Sea Salt](#) and freshly ground black pepper
- Pinch crushed red chili flakes, optional
- 2 tbsp chopped fennel fronds or fresh herbs such as parsley, basil or mint

Steps to Make

1. **Prepare oranges:** Using a sharp knife, cut ends off oranges to make two flat surfaces. Following the contour of the orange, cut peel and pith from oranges and discard. Over a medium bowl, cut between membranes to release segments. Let juices and segments fall into the bowl. Add olives and fennel slices to the bowl and toss to combine.
2. **Vinaigrette:** In a small bowl, whisk together olive oil and vinegar. Pour over orange-fennel mixture and toss to combine.
3. **To serve:** Divide salad between 8 salad plates or arrange on a serving platter. Garnish with salt, pepper, chili flakes (if using) and fennel fronds or fresh herbs. Serve immediately.

***To slice fennel:** A [mandoline](#) is the perfect tool to use to thinly slice fennel. To use a mandolin, cut the long stalks and fennel fronds off the bulb of fennel. Do not throw the stalks or bulbs away. The stalks can go into a freezer safe bag for use in vegetable stock. Use the fronds to garnish the salad. Cut bulb in half and cut out the V-shaped core in the centre. You can use your chef knife to cut paper-thin slices. Or adjust mandolin to thinnest blade and place bulb on mandolin. Using the blade guard, run fennel bulb down the mandolin to make thin or shaved slices. Proceed with salad as directed.

[CLICK HERE TO SEE OUR FAVOURITE MANDOLIN](#)

Salads

For more delicious recipes visit



www.relishcookingstudio.com