



Fennel and Blood Orange Salad

Fennel, also known as finocchio is a favourite in the Mediterranean and is a versatile vegetable which can be used in salads, soups, lasagne and also combines well with veal. It's very distinctive aniseed flavour give a very refreshing zing to all dishes.

Serves 4

Ingredients

1 head of fennel, thick julienned
2 blood oranges, peeled and cut into ½ cm rounds
Sea salt and pepper

Dressing

Olive oil (ratio 2/3 oil to 1/3 vinegar)
White balsamic vinegar
Juice from the oranges

Method

Clean fennel and take away the woody parts and cut in half lengthways. Using a V-slicer or Mandolin thick julienne.

Finely chop the fennel tops.

Cut the bottom of the oranges and peel, then cut into ½ cm rounds, keeping any juice for the dressing.

Arrange fennel and oranges on plate, top with finely chopped fennel tops and season with salt and pepper.

Drizzle with dressing when serving.

Serve the salad with any meat or seafood main course.

Some of these recipes have been presented by Pip on 'Vasili's Garden' lifestyle television program on Melbourne's Channel 31. Pip appears courtesy of Pip's Cooking School.

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