

Bitter Leaf and Orange Salad with Orange and Poppy seed Dressing

Ingredients

Orange and poppy seed dressing:

2 Tbsp Apple cider vinegar or white wine vinegar
5 Tbsp olive oil (evoo)
1 tsp grated orange zest, *lightly packed*
2 tsp Dijon mustard
¼ tsp sugar
1 Tbsp Poppy Seeds

Salad

4 cups bitter leaves; (a mix of these types; *rocket, chicory, mizuna, spinach, beet leaves, fennel leaves*)
3 large oranges (one zested)
4-5 small radishes

Method

1. Trim and wash leaves, gently spinning them dry
2. Zest a little of the oranges carefully not grating the white part. Peel Oranges and remove skin and as much outer white pith as possible using a knife and slice into thick wheels then break into smaller pieces.
3. Add orange to leaves, reserving any juice for the dressing
4. Mix or shake dressing ingredients in a jar until the sugar dissolves
5. Dress the salad and toss with the chopped fennel leaves
6. Serve immediately

Recipe Notes:

1. Bitter leaves include: rocket, frisée lettuce (aka curly endive), witlof (aka Belgian endive), radicchio, treviso lettuce, escarole and watercress. You can find a salad called “Italian Mix” and it has rocket, radicchio and frisee.

You don’t have to use bitter leaves. Any lettuce will work fine here, the more interesting the better. Bitter leaves just go particularly well with the sweetness of orange.

2. Make ahead: Prepare leaves and oranges in advance, dress when serving. As with all leaf salads, not suitable for storage.