

Blood Orange and Apple salad

This recipe is about adding ingredients in varying amounts. "Some, Half, Most"

Dressing

- ½ cup fresh blood orange juice
- 2 tablespoons sherry vinegar
- 1 tablespoon rice syrup
- 2 teaspoons Dijon mustard
- 1 tsp poppy seeds
- 1/3 cup extra-virgin olive oil
- Salt and pepper

Salad

- 3 blood oranges, cut into quarters, peeled and sliced.
- 2 cups mixed greens (spinach, rocket and lettuces) washed and cut.
- A few fennel fronds, chopped
- Curly Kale, stalks removed
- Celery, chopped small
- ½ red onion, thinly sliced
- 1 Apple, diced
- 1 Tbls olive oil (for massaging the kale leaves)
- Salt and pepper

Instructions

Dressing

Combine first 4 ingredients in a medium bowl. Slowly whisk in Olive oil. Season with salt and pepper. Add poppyseeds and stir. Set aside.

Salad

With a sharp knife, cut into quarters. Remove peel, slice them crosswise. Set aside.

In a large bowl, add the oil to the kale and rub the leaves until they soften, add half of the orange slices, red onion, apple and half the fennel fronds. Mix in the lettuce leaves and other greens. Add celery and most of the apple.

Drizzle in just enough dressing to coat; do not soak. Reserve extra dressing to pass separately or save for another use. Mix together and pile onto a platter or bowl for serving

Arrange remaining orange slices on top and a little more diced apple. Add a few more fennel fronds. Serve with extra dressing on the side. Enjoy!