

Simple Fennel Salad



There are a few flavors that are either loved or hated – most people have strong feelings about them. Licorice is one of them. I love it, but I know a lot of people who don't.

There are several plants that have that distinctive licorice flavor comes from including star anise and the root vegetable fennel, which is a bulb. The bulb itself is slightly sweet and has a strong licorice flavor; the delicate fronds also taste of licorice, but slightly less so. Fennel can be eaten raw or cook; it's excellent grilled. This salad is raw and uses the fronds for both flavor and color.

Ingredients

1 medium or 2 small fennel bulbs,
sliced
Some of the thin fennel fronds,
chopped
1 small white onion, sliced
1 orange sectioned, squeezed & zested
2 TBSP extra virgin olive oil
Salt & pepper to taste

Directions

1. In a small bowl or jar, combine orange juice & zest with olive oil, salt & pepper.
2. Toss fennel, onions & orange sections.
3. Combine with dressing; toss to coat. Serve cold or at room temperature.

