

Insalata di arance

Ingredients for 2-4 servings

2 oranges*

Fennel, 1 small bulb or 1/2 of a medium bulb

2 anchovies

1 sprig fresh oregano

Salt

Pepper

Olive oil

*Dark red Sicilian blood oranges would be spectacular, if you can find them. If not, any orange will work fine. We couldn't find blood oranges, so we used one naval orange and one large, firm tangerine in order to have some variety in color and flavor.

Directions

Use a paring knife to cut away the peel of the orange. Slice past the white of the peel just into the flesh of the orange to remove all of the bitter pith. Slice the orange lengthwise into round discs, and then cut each disc into halves and then quarters, removing any white pith from the center. Place the orange pieces into a bowl.

Cut the stems and fronds off of the top of the fennel bulb. Remove any damaged outer layers from the bulb of the fennel. Remove a thin slice off of the base of the fennel and discard. Turn the fennel on its side and cut the bulb into thin slices. Chop the slices into smaller parts, and add it to your salad.

Cut the anchovies into small pieces, and add them to the oranges and fennel. Chop the oregano and add it, as well. Salt and pepper liberally, and drizzle with 3-4 Tablespoons of olive oil. Stir, and serve.