



Winter Salad

Persimmon, fennel, orange, radish and rocket salad with toasted almond and rosemary dressing

2bEthical

A perfect entrée or accompaniment to roast lamb

Serves 4-6

Ingredients

Salad

2 vanilla persimmons
1 fennel bulb
2 oranges
1 daikon or 1 bunch of radish
1 bunch of rocket
Macrobiotic sea salt
Fresh pepper

Dressing

1 cup toasted almonds
Sprig of fresh rosemary
Orange zest & juice
1/2cup olive oil
1 tsp red wine vinegar
Macrobiotic sea salt
Fresh pepper

Method

Wash all salad ingredients.

Dressing

Warm rosemary leaves and almonds in oil with salt and pepper.
Scoop out almonds and rosemary and crush in a mortar and pestle. Add back to oil.
Let cool and add orange zest, vinegar and juice of orange.
Check seasoning.

Salad

As you layer ingredients on the platter add a touch of seasoning as you go.
Place rocket on a platter, add a layer of fine sliced fennel bulb.
Add a layer of fine slice orange, then a layer of fine sliced radish, followed by a layer of fine sliced persimmon – with skin on.

Pour dressing on top and finish with fresh orange zest