

# *prawn, blood orange & fennel salad*

## **Citronette dressing**

1/2 cup mild olive oil  
grated zest of one orange, about 1 tablespoon  
1/4 cup blood orange juice  
2 tablespoons fresh lemon juice or more to taste  
1/2 teaspoon salt  
a few grindings of black pepper  
1/2 teaspoon sugar if needed for balance

## **Salad**

500g cooked prawns  
4 blood oranges or 3 navel oranges  
2 small bulbs fennel  
3 bunches watercress, stems removed, or 4 large handfuls of small arugula or 4 heads Belgian endive, leaves separated  
1/2 cup torn mint leaves

For the dressing: In a bowl, whisk together the olive oil, zest, juices, salt and pepper. Dip a leaf into it and taste to see if it is tart enough. Adjust seasonings. If the dressing is too tart, add sugar. Set aside.

For the salad: Toss prawns with a small portion of the dressing about 10 minutes before assembling the salad. Working with 1 orange at a time, cut a thin slice off the top and bottom to reveal the flesh. Stand the orange upright and remove the peel in wide strips, cutting downward and following the contour of the fruit. If the oranges are small, cut them crosswise into 1/4-inch rounds. For larger oranges, hold the peeled orange over a bowl, cut along both sides of each segment, releasing the segments from the membrane and allowing them to drop into the bowl. Using the knife tip, pry out any seeds from the segments. Squeeze the membrane over the bowl to extract extra juice, which you can add to the dressing at serving time. Set the oranges and juice aside. Trim the fennel bulbs, removing any tough outer leaves. Cut in half and cut out the tough center core. Slice very thin. Toss fennel slices in a bowl with a few tablespoons of dressing about 15 minutes before serving the salad. Set aside. In a bowl, combine the salad greens and mint leaves. Stir any extra juice collected from the orange membrane into the vinaigrette. Toss the greens with enough dressing to moisten the leaves, reserving a few tablespoons for the final drizzle.

Distribute the greens among four salad plates. Top with the marinated fennel and then the orange slices or segments. Drizzle with remaining dressing. Sprinkle with a little chopped mint if desired. Serves 4.

**PAIR WITH** *Chrismont Sauvignon Blanc 2004*

For more information on **CHRISMONT**, contact:

**Tyce E Light** – Marketing PR & Sales Executive

t +61 3 5729 8220 f +61 3 5729 8253

e tyce@chrismont.com.au [www.chrismont.com.au](http://www.chrismont.com.au)

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