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Italian Chamber of Commerce of Ontario (Italian offices) Milano - Udine - Verona

Fennel And Blood Orange Salad

Serves 4

¼ pc.	Red Onion – Very Finely Sliced
3 Tbl.	Red Wine Vinegar
4 Slices	Prosciutto
100 ml	Pistachios – Toasted
½ Head	Fennel – Very Finely Sliced
2 Pcs	Blood Oranges – Segmented
30 gr.	Piave Cheese – Shaved
5 Oz.	Baby Arugula
15 ml.	Lemon Juice
50 ml	Olive Oil
25 ml.	Vegetable Oil
½ tsp.	Honey

Place shaved red onions into a small bowl and add red wine vinegar and a good pinch of salt. Set aside for at least 20 min.

Lay the sliced prosciutto on a parchment lined baking tray and put into a cold oven. Turn heat to 250°F and cook slowly until crispy, about 20 min. Remove from tray and drain on paper towel.

While the prosciutto cooks, place the pistachios on a tray and toast in the oven, about 15 minutes until lightly browned and crispy.

Shave the fennel very finely. A mandolin works best for this, put fennel shavings into a bowl of cold water and into the fridge.

With a small knife, peel and segment the oranges, cutting the individual segments from the membrane that holds each segment together.

Shave the Piave cheese with a peeler into small strips.

Make the vinaigrette by whisking the 2 oils into the lemon juice. Add the honey and whisk until incorporated.



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To Assemble the salad, remove the onions from the vinegar, and the fennel from the water.

Gather all of your ingredients together, but do not mix them.

Start with half the arugula and toss gently with a little of the dressing and a little bit of kosher salt. The arugula should be moist, but not drenched with the dressing.

Place about half of the other ingredients on and around the arugula, then repeat with the remaining arugula (you have to dress the salad again with the vinaigrette) and other ingredients.

Top the salad with the crispy slice of prosciutto.