

Grapefruit, Fennel & Avocado Salad with Baby Kale

Serves 4:

Ingredients

1 large pink grapefruit
1 medium fennel bulb
4 ounces baby kale leaves
1 ripe avocado, pitted and sliced

Grapefruit Honey Vinaigrette:

1/4 cup fresh grapefruit juice
1 tablespoon honey
2 teaspoons sherry vinegar
kosher salt and freshly ground black pepper
1/4 cup extra virgin olive oil

Preparation

Supreme the grapefruit: cut off top and bottom ends of the fruit.
Use blade of knife to curve around the flesh as you remove the outer peel.
Continue cutting until you've removed all the bitter pith (or peel).
Hold fruit in hand and slip blade of knife between membrane and flesh to slice out each segment.
Collect segments in a bowl.
Squeeze juice from remaining pulp into a cup to measure out 1/4 cup; reserve juice for dressing.
Trim ends of fennel, reserving feathery tops or fronds.
Cut bulb in half lengthwise and cut a wedge in the middle to remove core.
Carefully slide cut end of fennel over benriner to thinly slice bulb; repeat with other half.
If you don't have a benriner or mandoline, thinly slice fennel using a sharp chef's knife.
Pick feathery leaves from fennel top, removing any stems, and reserve.
Wash and dry baby kale leaves and place in a salad bowl.
Make dressing: add honey, sherry vinegar, kosher salt and black pepper to grapefruit juice.
Whisk in best quality extra virgin olive oil; taste and adjust seasoning, if needed.
Toss kale and fennel with half the dressing; let sit for several minutes to allow kale to soften slightly.
Platter dressed kale and fennel; top with avocado slices and nestle in the grapefruit segments.
Drizzle the remaining vinaigrette on top and garnish with fennel fronds; serve immediately.

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