

ORANGE AND RED ONION SALAD

INGREDIENTS

¼ oz. (10g) whole almonds,
cut lengthwise
5 tbsp. olive oil
1 tsp. dried oregano
half a small red onion,
very thinly sliced
3 small table oranges,
in peeled segments
salt, pepper
a few radicchio leaves,
to serve

The first time I ate an orange salad was in a small restaurant in Modica, Sicily. It was one of those merciless, cold, and windy days when it feels like the Mediterranean is done playing nice and throws winter at you without warning. Insalata di arance rang like a luxury to my northern ears. I didn't expect the unceremonious peasant fare that ended up in front of me: oranges cut roughly in a rustic, shallow plate, as though this was just any other winter salad. Ah, but that was the genius of it! It's disarmingly simple—oranges with olive oil and plenty of salt and pepper—but for me it opened up something. In the dead of winter it's sometimes hard to feel like any of the fresh produce is an indulgence. But this salad, with a side of good bread and cheese, can lift you up a little. To stay true to the bold idea of an orange-only salad, I like the radicchio to be a supporting character in this dish, adding only a few leaves to balance the sweetness of the orange.

Toast the almonds in a pan until slightly golden. Put aside.

In a salad bowl, mix the olive oil and oregano. Add the sliced onions and oranges. Salt and pepper generously. Add the radicchio leaves, mix gently to coat with the olive oil and serve immediately.

Cutting the orange in peeled segments requires a sharp knife and a bit of patience. When I'm not feeling that fancy, I simply remove the outer skin and the pith and cut it in slices. It's somehow truer to the dish's not-so-precious origins.

Depending on what I find in the market, I also use grapefruit, blood oranges, or a mix of citrus.

SERVES 2 AS A LIGHT MEAL
COOKING TIME 5 MINUTES

