

JOHN PLESHETTE'S MEAL OF THE WEEK

FENNEL AND BLOOD ORANGE SALAD



4 BLOOD ORANGES
2 MEDIUM FENNEL BULBS
1 LARGE RED ONION
WALNUT OIL
LEMON
ITALIAN PARSLEY

SLICE ORANGES IN 1/8 INCH SLICES. HALVE FENNEL BULBS LENGTHWISE, CUT OUT TOUGH CORE, SLICE PAPER THIN. SLICE ONIONS IN 1/8 INCH RINGS. (A MANDOLIN IS IDEAL FOR SLICING ONIONS AND FENNEL.)

IN A SMALL BOWL, WHISK SALT AND PEPPER WITH 2 TABLESPOONS OF LEMON JUICE. SLOWLY WHISK IN 1/3 CUP OF WALNUT OIL AND 1/4 CUP OF VEGETABLE OIL.

ARRANGE A SINGLE LAYER OF ORANGE SLICES ON SERVING PLATE. SCATTER HALF OF THE ONION RINGS ON TOP. LIGHTLY SPRINKLE WITH SEA SALT AND A FEW GRINDINGS OF WHITE PEPPER. DRIZZLE 1/2 THE DRESSING OVER THAT. ARRANGE HALF THE SHAVED FENNEL ON TOP. FINISH WITH A HANDFUL OF FINELY CHOPPED PARSLEY.

REPEAT THE SAME PROCESS SO YOU WIND UP WITH A TOP LAYER OF FENNEL. ARRANGE A RING OF BLOOD ORANGE SLICES AROUND THE PERIMETER. DRIZZLE WITH REMAINING DRESSING.

ALLOW TO MACERATE FOR AT LEAST AN HOUR AT ROOM TEMPERATURE BEFORE SERVING. TOP WITH CHOPPED PARSLEY.



2 CUPS OF ARBORIO RICE
2 CUPS CHOPPED GREEN GARLIC
WHITE WINE
4 CUPS OF HOMEMADE CHICKEN STOCK
1 1/2 POUNDS OF WILD MUSHROOMS (BLACK TRUMPET, CHANTERELLE OR
PORCINI)
1 1/2 CUPS OF FRESHLY-GRATED PARMESAN CHEESE

CLEAN AND TRIM MUSHROOMS. DRY IN A TEA TOWEL. TOSS WITH 1/2 CUP OLIVE OIL. SPRINKLE WITH SEA SALT AND GROUND PEPPER. ROAST FOR APPROXIMATELY 30 MINUTES. THE MUSHROOMS WILL DISGORGE THEIR LIQUIDS. ONCE THAT EVAPORATES, COOK ABOUT 15 MORE MINUTES. RESERVE IN OVEN AFTER HEAT IS TURNED OFF.

(NOTE: CHANTERELLES REQUIRE LESS COOKING TIME THAN BLACK TRUMPETS OR PORCINI.)

WHILE MUSHROOMS ARE ROASTING, BRING CHICKEN STOCK TO A BARE SIMMER ON TOP OF THE STOVE.

SAUTÉ CHOPPED GREEN GARLIC ON MEDIUM FLAME IN 1/3 OLIVE OIL AND 2 TABLESPOONS OF BUTTER. DON'T ALLOW TO BROWN. REMOVE HALF THE COOKED GARLIC AND SET ASIDE.

ADD THE RICE. STIR WITH A WOODEN FORK UNTIL COATED WITH OLIVE OIL. ADD 1/2 CUP OF WHITE WINE. STIR UNTIL WINE IS ABSORBED.

ADD 2 CUPS OF CHICKEN STOCK. STIR OCCASIONALLY UNTIL STOCK IS ABSORBED (ABOUT 15 MINUTES.)

CONTINUE ADDING STOCK ONE CUP AT A TIME UNTIL THE RICE IS COOKED THROUGH BUT FIRM. IF MORE LIQUID IS NEEDED ADD WATER OR STOCK. STIR IN RESERVED COOKED GREEN GARLIC.

TURN OFF HEAT. STIR IN ONE CUP OF CHEESE AND 3 TABLESPOONS BUTTER. ARRANGE ROASTED MUSHROOMS ON TOP OF THE RISOTTO. SERVE WITH GREENS AND REMAINING PARMESAN CHEESE.

SERVES 6-8