



Salad Sunny Side Up

WINTER SEASON FRUITS AND PRODUCE OFFER THE PERFECT COMPLEMENT FOR SALADS

MOST CITRUS FRUITS are at their sweetest and juiciest making it prime season for citrus salad during winter. The bright sunny colors will give us some hope of summer. Remember summer?

Citrus pairs well with winter greens. Chicories, which include red-leaf radicchio, Belgian endive, lacy green-and-white curly endive, curly frisée, and escarole, are members of the lettuce family that share a slight, lovely bitterness. When paired with salty elements like blue cheese, ham, or warm bacon dressing, the salt lessens the bitterness creating a perfect balance of salt, fat, and acid. When chicories are cooked, the bitterness is transformed into a nutty flavor. Chicories are delicious with citrus salad. They are also well suited for grilling or as add ins for soups and stews.

While citrus fruit can keep a couple days at room temperature, the best place to store it is in the refrigerator. Remove from plastic bags which can cause citrus to mold faster. If you plan to juice your citrus let it return to room temperature first and you'll get the most juice. 

Pro Tip

Citrus trimming: Cut citrus so there is no bitter white pith. With a sharp paring knife, cut off the stem end exposing the flesh then turn over repeat on the bottom end. Following the contour of the fruit, slice away the peel and the white pith from top to bottom taking as little flesh as possible. Repeat cutting top to bottom all around. Turn on its side and slice into ¼" thick slices.

Winter green storage: Store chicories and endives wrapped in a paper towel inside a plastic bag in the crisper drawer of the refrigerator for up to a week. They can still be used after a week—but discard any leaves that show signs of yellowing.



Chicories include red-leaf radicchio, Belgian endive, lacy green-and-white curly endive, curly frisée, and escarole.



Winter citrus offers a variety of options including blood oranges, grapefruit, Satsuma mandarins, and Cara Cara oranges.

Winter Citrus Salad

INGREDIENTS:

DRESSING:

- 1/4 cup white balsamic vinegar
- 1 T. freshly squeezed lemon juice
- 1-2 T. of mixed juices from the
- 1/2 teaspoon salt
- 3 ounces extra virgin olive oil
- Zest of one lemon

SALAD:

- 2 cups escarole heart, cut into 1½ inch pieces washed, and spun dry
- 1-2 cups assorted winter chicories like frisée, endive, and radicchio
- 12 Satsuma mandarin segments, cut in half
- 1 blood orange, peeled, sliced into 1/4-inch-thick rounds
- 8 pink grapefruit segments
- 1 Cara Cara orange, peeled, sliced into 1/4-inch-thick rounds
- Handful of blackberries
- 1/4 cup of pomegranate arils
- One small shallot, sliced thin
- 2 ounces Gorgonzola dolce, room temperature
- Olive oil
- Sea salt + freshly ground black pepper
- Small basil leaves
- Freeze dried orange peel, finely ground

METHOD

For the dressing: Combine all ingredients in a mason jar and mix. Shake well before each use.

For the salad: Arrange ingredients on a serving platter in the order listed in the recipe.



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