

ORANGE SALAD
(Insalata di Arancie)

INGREDIENTS:

Servings: 2 people

Oranges	2
Small red onion	1
Anchovy fillets	2
Olive oil	2 tbs
Salt and freshly ground pepper	to taste
Fresh chopped parsley	optional, garnish
Capers	1 tsp

Servings: 4 people

Oranges	4
Red onion	1
Anchovy fillets	4
Olive oil	50 ml
Salt and freshly ground pepper	to taste
Fresh chopped parsley	optional, garnish
Capers	1 tsp

Servings: 6 people

Oranges	6
Small red onions	2
Anchovy fillets	6
Olive oil	75 ml
Salt and freshly ground pepper	to taste
Fresh chopped parsley	optional, garnish
Capers	2 tsp

Servings: 8 people

Oranges	8
Red onions	2
Anchovy fillets	8
Olive oil	125 ml
Salt and freshly ground pepper	to taste
Fresh chopped parsley	optional, garnish
Capers	2 tsp

Servings: 10 people

Oranges	10
Small, red onions	3
Anchovy fillets	10
Olive oil	150 ml
Salt and freshly ground pepper	to taste
Fresh chopped parsley	optional, garnish
Capers	3 tsp

Servings: 12 people

Oranges	12
Red onions	3
Anchovy fillets	12
Olive oil	175 ml
Salt and freshly ground pepper	to taste

Fresh chopped parsley
Capers

optional, garnish
1 tbs

TOOLS:

Bowls
Chef's knife
Cutting board
Wooden spoon

PREPARATION:

Peel the oranges and cut them into thin rounds. Seed the oranges. Collect any juice and reserve it in a small bowl. Arrange the slices on a serving plate.

Peel the onion and cut it into thin rounds; separate the rings. Place the rings on the oranges. Chop the anchovy fillets into small pieces, and place them between the rings.

Mix the orange juice with the sugar and olive oil. Add a pinch of salt and pepper. Spoon the sauce over the salad, and let sit for 10-15 minutes before serving, allowing flavors to blend. Sprinkle capers and parsley over the salad and serve.