



**GARLIC MARINATED GRAPEFRUIT ON ROASTED FENNEL SALAD**  
SERVES 4

1 GRAPEFRUIT, SLICED TO FILETS  
2 ORANGES, SLICED TO FILETS

MARINATE GRAPEFRUIT AND ORANGE FILETS WITH 2 CLOVES CRUSHED GARLIC AND 1/2 TSP FRESH CORIANDER SEEDS, CRUSHED. LET SIT FOR 30 MINUTES

SHAVE 1 FENNEL, SAUTE ON VERY HIGH HEAT IN GHEE, SEASON WITH SALT, ADD A SPLASH OF PERNOD, FLAMBE. MAKE SURE YOU ONLY FLAMBE THE FENNEL IN AN OPEN SPACE AND NEVER DO THIS BELOW YOUR KITCHEN VENT.

CHOP 1/4 BUNCH PARSLEY, HEAT 3/4 CUPS EXTRA VIRGIN OLIVE OIL UNTIL HAND-WARM. BLEND THE PARSLEY AND THE OIL, ADD A HINT OF SALT.

SERVE THE CITRUS FILETS OVER THE FENNEL, DRIZZLE WITH PARSLEY OIL.