

Orange Onion Salad with Warmed Coriander Oil

Lynne Rossetto Kasper and Sally Swift, "Splendid Table" radio show
Palm Beach Post

Servings: 8

Preparation Time: 45 minutes

Chill: 2 hours

ice

1 small red onion, halved and thinly sliced

1/2 cup extra-virgin olive oil

2 generous teaspoons coriander seed, freshly ground

2 teaspoons orange zest, finely grated

12 navel oranges (4 to 5 pounds), peeled and sliced into 1/4-inch-thick rounds

1/2 cup black olives

coarse salt

generous amount of ground black pepper

5 teaspoons sugar

Fill a medium bowl halfway with ice cubes..

Add the onion.

Top with more ice cubes.

Add cold water to cover and refrigerate for two hours or overnight.

Drain the onions and pat dry with a towel.

In a microwave-safe bowl, combine the oil, coriander and orange zest.

Microwave on HIGH for 1 minute. (Alternatively, combine the ingredients in a small saucepan and warm over medium heat for 2 minutes.) Set aside to cool.

To serve, arrange the orange slices and onion slices on a platter.

Scatter with the olives and the oil.

Finish with the salt, pepper and sugar, to taste.

Per Serving (excluding unknown items): 151 Calories; 15g Fat (84.4% calories from fat); trace Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 75mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.