

## **Orange and Red Onion Salad** **Insalata di Arance E Cipolle**

**Serve this in the Sicilian style, laying the rounds of orange and rings of red onion artfully on a platter with the dressing drizzled over, rather than tossing everything together. It is great as an appetizer, a refreshing end of the meal salad, or an accompaniment to broiled or grilled meats.**

**8 or more small blood oranges or other oranges**  
**1 medium red onion**  
**½ teaspoon coarse sea salt or kosher salt to taste**  
**Coarsely ground black pepper to taste**  
**2 tablespoon best quality extra virgin oil or to taste**  
**1 tablespoon chopped fresh Italian parsley**

**With a sharp thin-bladed knife, shave off the peel and pith of each orange completely, exposing the flesh of the fruit. Slice the oranges into rounds about ½ inches thick (you will have about 4 cups of slices in all). Handle them gently so they remain intact**

**Peel the onion, and slice it into very thin rounds (about 1 ½ cups in all)**

**Lay out the orange rounds on a serving platter prettily. You can pile up all the broken pieces in the center, making a colorful mound. Separate the onion rings, and scatter all over the oranges.**

**Sprinkle the salt over the top. Grind lots of coarse pepper over the top. Drizzle 2 tablespoons of your best olive oil all over the top. Shower the parsley over all. And serve.**

**I like to let it sit to soak in the olive oil and the other ingredients. It really tastes wonderful. I usually serve as an appetizer antipasto.**

**You can find blood oranges at the better grocery stores in January.**