



## **FENNEL and APPLE SLAW**

Serves 6

1 head fresh garlic, minced with ½ teaspoons salt and ½ teaspoons lemon peel \*  
1 teaspoon dijon style mustard  
1 Tablespoon lemon juice  
1 ½ teaspoons white Balsamic vinegar  
1/3 cup best quality olive oil  
Freshly ground pepper

1 large bulb fennel \*  
2 red Torpedo onions, thinly sliced ( or ¼ cup red onion, finely sliced lengthwise) \*  
1 green apple (Lodi are in season in early summer, or use Granny smith) \*  
1 Tablespoon finely chopped fennel fronds \*

Mash garlic on cutting board with salt and lemon to form a paste. Place into a small jar with a tight lid. Add the mustard, lemon juice, vinegar and olive oil. Cover and shake to combine. Add pepper and set aside.

Cut the fennel bulb lengthwise into very fine matchsticks, and place into a medium bowl. Very thinly slice the onion and add to the fennel. Core but do not peel the apple. Cut into very fine matchsticks the same size as the fennel. Add the fennel fronds and toss with some of the dressing. Taste and add salt as necessary.

NOTE: Raw fennel will discolor after cutting, so coating with the vinaigrette as quickly as possible is important. This salad can stand for several hours at room temperature or refrigerated.

All \* items available at Chicago's Downtown Farmstand

