



GARDEN DAY

is about enjoying your garden by inviting friends and family round to celebrate together. As with any special holiday, Garden Day is all about making the day your own and celebrating it any way you see fit.



SALAD IDEA

CHEF KAREN DUDLEY SHARED THIS DELICIOUS RECIPE
IN CELEBRATION OF GARDEN DAY ON 20 OCTOBER 2019.

ORANGE FENNEL SALAD WITH PRALINED ALMONDS AND SMOKED PAPRIKA

Karen says:
"I made this salad for a Convivium event [a showcase of food, chefs and food producers] in 2016, held on the Badenhorst family's beautiful farm, Kalmoesfontein. All the clever young chefs were making beautiful things, raw or on the fire. Afterwards there were photographs with all the offerings and cheffy tattoos on display.

I looked at the scene and thought: 'I might not have real tattoos to show off ... but I am hardcore, my brain is tattooed!' The smoked paprika in this salad is so good. It's the sneaky, robust thing you don't understand by just looking at it?"

Ingredients

Six medium oranges (if you have Caratara or Blood Oranges, use one or two of these for pretty citrusy layers)

Two large fennel bulbs, very finely sliced
Maldon sea salt
80g soft Danish feta gently broken into bite-sized lumps

A good handful of watercress
10g picked mint leaves

Almond praline

80g flaked almonds
½ tsp smoked paprika
100g castor sugar

Dressing

2T white wine vinegar
1T orange juice
2tsp runny honey
Leaves from a sprig of thyme or a pinch of dried thyme
7T olive oil
¼ tsp toasted cumin seed
1tsp smoked paprika

For the almond praline:

- Prepare a baking sheet with a silicone mat or baking paper.
- Lightly butter the paper.
- Toss the flaked almonds with the paprika. Sprinkle the sugar over the base of a heavy based frying pan and heat until the edges begin to caramelize and the sugar melts to become a pale golden colour. (Never leave this process unattended and resist the urge to stir.) Immediately

stir in the flaked almonds and quickly spread the praline over your prepared baking sheet, as thinly and evenly as possible.

- Leave to cool in a dry place.
- When cooled, break up the praline into fine shards or crush a little with a rolling pin.

For the dressing:

- Whisk all the ingredients together in a bowl and set aside.

For the salad:

- Slice off the top and bottom of each orange with a sharp paring knife, cut down the sides removing peel and pith. Slice the oranges into rounds, removing any pips you see.
- Trim the fennel bulbs top and bottom, reserving the fennel fronds to add to the salad.
- Cut the bulb in half with a sharp cook's knife and remove the core. This will free up your fennel to be sliced very finely. Add the sliced fennel to the dressing.
- Pick the watercress leaves, discarding very thick stems.
- In a shallow bowl or serving platter, layer the orange with the dressed fennel, the fennel fronds, mint leaves, and feta. Finish with the pralined almonds and the last of the fennel and mint leaves. Sprinkle with a pinch of Maldon salt and dust with a pinch of smoked paprika.