

Grilled Fresh Fish with Fresh Fennel, Navel Oranges and Meski Olives Salad

4- 6 ounce pieces of fresh mild fish, Halibut, Grouper, Tilapia
marinate
fennel fronds (leafy part)
¼ cup olive oil
zest from 1 orange
3 garlic cloves crushed
1 teaspoon salt
½ teaspoon pepper

marinate fish for ½ hour
grill basting with marinade until cooked through about 4-5 minutes per side

Orange Vinaigrette

¾ cup fresh orange
¼ cup white wine vinegar
2 teaspoons fresh minced parsley
1 teaspoons fresh minced thyme
2 teaspoons chopped shallots
½ cup good quality olive oil *Merula Spanish Olive Oil would be awesome as would
Castello di Ama Italian olive oil
½ teaspoon coarse salt
¼ teaspoon pepper

Reduce orange juice to about ⅓ cup and somewhat syrupy. Cool and combine with
vinegar, herbs and shallots. Pour into food processor and process slowly add olive oil to
emulsify. Season with salt and pepper.

Salad

6 ounces (about 1 bulb) fresh thinly sliced fennel (reserve fronds for marinate)
¼ of a red onion thinly sliced
1 fresh orange sectioned
¼ cup of Meski Olives with Lemon and Fennel or Kalamata olives work just as well
3 ounces of mixed greens

Toss mixed greens, fennel, oranges and olives with ¼ -⅓ cup of vinaigrette. Serve fish on
top or next to salad mixture drizzle with a bit more vinaigrette. Garnish fresh Fennel
fronds.

Serve with steamed white rice like basmati or jasmine. Italian couscous would also be a
nice side dish. Cook couscous in chicken broth per directions on package. Stir in a bit of
minced garlic, chopped fresh parsley and squeeze of lemon or orange juice.

