



Blood Orange, Fennel & Sesame Salad Dressing, & Variation for Pork Chops

This is the dressing I made for an appearance on “Thinking Green”, the cable access show hosted by Ronna Stuller, on 03/06/12. I used it to top Hunts Brook Farm’s mixed asian (braising) greens; the bitterness contrasted nicely with the light and tangy dressing. You could use spring greens, mesclun, even shredded escarole. To the salad I also added slices of orange bell pepper, chopped tomatoes, carrots, sliced fennel stalks and more fennel fronds, cilantro leaves and blueberries. This recipe is very flexible and you can alter the herbs and spices to your liking. If you use celery instead of fennel, add a little celery seed; I like to include the chopped leaves in that case. Of course it “goes without saying” that I use organic ingredients whenever possible. -Janice Janostak

3 blood oranges (or other sweet, intense citrus fruit), juiced

1-2 tea. unfiltered apple cider vinegar (I use Bragg's)

toasted sesame oil, in 1 : 1 ratio with the amount of orange juice

3 T fresh fennel or dill fronds, finely chopped; or 1-1/2 T dried fennel or dill

2-3 tea. finely-chopped fennel stem and/or bulb, or same amount celery stalks

finely ground sea salt, and black or white pepper to taste

2 tea - 1 T gomasio; or sea salt and sesame seeds, coarsely ground together; plus extra sesame seeds

3-4 cilantro stems and leaves; stems finely chopped and leaves torn

1T honey

1T fresh or frozen blueberries, crushed (optional)

Blend all ingredients until thoroughly emulsified; I like to do it by hand with a small whisk, or simply shake vigorously in a jar. Taste after the addition of each ingredient to make sure it suits you, and adjust as necessary. Makes approx 1 cup.



Variation - Pork Chop Glaze: Combine equal parts of the dressing (above) with a thick, homemade or store-bought teriyaki sauce. Brown 1-2 pork chops in a lightly-oiled or nonstick pan or skillet on both sides over medium heat; pour sauce over chops and cover, about 1-2 minutes or sauce has

thickened on surface of chop, turn and repeat, adjusting heat if needed. If using high-quality pasture-raised pork (with no added preservatives, etc), such as Four Mile River Farm's, make sure you do not overcook the chops; they should still be slightly pink (not completely grey) and tender inside.