

Easy Winter Grapefruit Salad
Chef Aaron Bludorn, [Bludorn](#), in Houston, TX
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"What's in Season: Sweet on Grapefruit"

Yield: 4-6 Servings

Ingredients

- 1 bulb fennel, shaved (on mandoline) or sliced thin^[1]_{SEP}
- 1 tsp. sea salt (or to taste)
- 1 tsp. olive oil
- 1 lemon, juiced and zested
- 2 grapefruit, peeled and segmented, and zest of 1 grapefruit reserved
- 1 tbsp. capers, chopped
- 10 oil-cured black olives, sliced
- ¼ bunch parsley, chiffonaded
- 10 mint leaves^[1]_{SEP}
- ¼ tsp. fennel pollen
- 1 tbsp. bottarga

PREPARATION

1. In a bowl, season fennel with salt, then fold in olive oil and lemon juice. On a plate, lay out grapefruit segments, and place shaved fennel on top. Sprinkle with capers and olives, and garnish with parsley, mint, fennel pollen, lemon zest, grapefruit zest, and bottarga. Sprinkle sea salt on top and serve with fresh seafood (Chef Bludorn recommends seared sea scallops).

TIP: You can find fennel pollen in the spice department at most specialty grocery stores. Otherwise, ground fennel seeds are a good substitute.