Winter is the season when many kinds of citrus fruits suddenly appear. For this savory fruit salad, a mixture of navel, blood and Cara Cara oranges and a small grapefruit make a colorful display. It's fine to use just one kind of orange, blood oranges being the classic example. Thinly sliced fennel, celery and red onion add a tasty bit of crunch. The salad is dressed assertively with oil and vinegar, and scattered with olives and flaky sea salt.

**INGREDIENTS**

**Yield: 6 servings**

- 3 to 4 tablespoons olive oil
- 2 tablespoons sherry vinegar or red wine vinegar
- Salt and pepper
- 2 navel oranges
- 4 blood oranges
- 2 Cara Cara oranges
- 1 small grapefruit
- 1 small red onion, very thinly sliced
- 1 small fennel bulb, very thinly sliced, enough to make

**PREPARATION**

**Step 1**

Make the vinaigrette: Whisk together olive oil and vinegar in a small bowl. Season with salt and pepper and set aside. It should be tart but not over-vinegary. Taste and add a little more olive oil if necessary.

**Step 2**

To peel the citrus fruit, use a small serrated knife. First, cut off a thin slice of peel from the top and bottom of the orange, so it can sit flat and securely on the cutting board. Use a sawing motion to take off the peel, cutting from top to bottom, following the curve of the fruit. Remove only the peel and white pith, not the flesh of the orange. It should now be perfectly spherical and naked. Peel remaining oranges and grapefruit in this fashion.

**Step 3**
1 cup
2 or 3 tender inside celery stalks, thinly sliced at an angle
Handful of olives, black oil cured type or green Castelvetrano type, pitted
Winter salad leaves, such as radicchio or escarole, optional
Large pinch of flaky sea salt

Carefully slice peeled citrus crosswise. Arrange slices on a large serving platter in a random pattern, letting them overlap a bit here and there. Scatter onion, fennel and celery over top. Dot the surface with olives. Surround with salad leaves, if using.

**Step 4**
Whisk vinaigrette, and spoon evenly over the salad. Sprinkle lightly with flaky salt and serve.

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**Private Notes**
Leave a Private Note on this recipe and see it here.
Karen's

Red Lentil Soup With Lemon Recipe
from tastingtable.com

PREP TIME: 5 min
COOK TIME: 23 min
SERVINGS: 3 servings

INGREDIENTS
• 1 yellow onion
• 2 cloves garlic
• 2 tablespoons extra virgin olive oil
• 1/2 teaspoon cumin powder
• 1/2 teaspoon smoked paprika
• 1/2 teaspoon salt
• 1 cup red lentils
• 4 cups chicken broth
• juice and zest of 1 lemon

PREPARATION STEPS
1. Dice the onions and mince the garlic.

2. Next, pour the oil into a pan, then place the onion and garlic inside it. Turn the heat up to medium-high and gently sauté the onion and garlic for 3 minutes until golden brown.

3. Add the cumin powder, salt, and smoked paprika, and mix.

4. Add the red lentils, chicken broth, lemon juice, and lemon zest, and mix together.

5. Cook for 20 minutes on low-medium heat, stirring halfway through.

6. After 20 minutes, ladle the soup into bowls and serve.

NOTE
This red lentil soup with lemon is packed with both flavor and nutrition — perfect for an easy meal after a cold winter day.

NUTRITION
Serving Size: 0 g
Calories: 448 calories
Fat: 14 g fat
Saturated Fat: 2 g saturated fat
Trans Fat: 0 g
Cholesterol: 10 mg cholesterol
Sodium: 852 mg
Carbohydrates: 59 g carbohydrates
Fiber: 8 g fiber
Sugar: 9 g
Protein: 25 g protein
Linguine With Lemon Sauce
cooking.nytimes.com

MAKES: 4 servings

INGREDIENTS
2 tablespoons butter
1 tablespoon freshly grated lemon zest, plus more for serving
1/2 pound fresh or dried linguine
4 tablespoons heavy cream
2 tablespoons freshly squeezed lemon juice
2 tablespoons freshly grated Parmesan cheese, plus extra cheese to serve on the side

DIRECTIONS
1. Bring a pot of salted water to boil.

2. Heat the butter in a skillet and add the lemon zest.

3. Drop the linguine into the boiling water. Cook pasta according to package directions. Drain.

4. Add the cream to the butter and lemon zest mixture. Add the pasta and lemon juice and stir until just heated through. Add the Parmesan and toss. Serve with additional Parmesan and lemon zest on the side.

NUTRITIONAL INFO
343 calories;
If you look at the mouth-watering take-out menus at the Monticello Gourmet, you don’t know where to begin—or end. You can start with a cognac liver mousse appetizer; follow that with crabmeat-stuffed mushrooms or raw sirloin strips in mustard scallion sauce; have a green pea with mint soup or a tomato aspic with blue cheese and avocado salad; or choose a hearty entrée like this cumin beef with pearl onions, which, all by itself, is quite a treat.

**ORANGE CUMIN BEEF STEW**

Serves 6

3 pounds chuck for stew, in 1-inch cubes
Cooking oil
½ cup orange juice
Grated rind of 1 orange
½ cup beef broth
1 16-ounce can tomato paste
¼ cup red wine vinegar
2 tablespoons light brown sugar
¼ teaspoon ground cumin
1 tablespoon oregano
3 cloves garlic, minced
1½ teaspoons allspice
1 bay leaf

Half of a 16-ounce bag frozen pearl onions
1 pound small mushrooms
Butter for sautéing
Salt and pepper to taste

Sauté the beef in foaming oil a few pieces at a time. Transfer it to a large pot and add all the other ingredients except the onions, mushrooms, butter, and salt and pepper. Simmer for about 1½ hours, or until the beef is tender. If the sauce is too thin, add 2 tablespoons of beurre manié (see page 103) or cornstarch dissolved in water. Sauté the onions and mushrooms briefly in butter and add them to the stew. Simmer briefly again; add salt and pepper to taste and then serve.
Orange Cumin Beef Stew

Author: Nicole Criss
Recipe Type: Main
Prep Time: 25 mins   Cook Time: 1 hour 45 mins   Total Time: 2 hours 10 mins
Serves: 6

The orange and cumin turn stew into a wonderful experience. A great dish to serve on a chilly Fall evening with friends.

Ingredients

- 3 pounds (1 kilo 300 grams) chuck for stew, cut in 1 inch cubes
- canola oil
- ¼ cup (59 ml) orange juice
- grated rind of 1 orange
- ½ cup (118 ml) beef broth
- 1 6-ounce (170 grams) can tomato paste
- ¼ cup (59 ml) red wine vinegar
- 2 tablespoons light brown sugar
- 4½ teaspoons ground cumin
- 1 tablespoon oregano
- 3 cloves garlic, minced
- 1½ teaspoons allspice
- 8 ounces pearl onions
- 1 pound (450 grams) small mushrooms
- butter for sautéing
- salt and pepper to taste

Instructions

1. Sauté the beef in medium hot oil a few pieces at a time to brown each side.
2. Transfer all the beef to a pot and add all the other ingredients except the onions, mushrooms, butter, salt and pepper.
3. Simmer for about 1½ hours over medium to low heat, covered or until the beef is tender.
4. Sauté the onions and mushrooms briefly in a bit of butter, then add them to the stew.
5. Simmer again briefly.
6. Add salt and pepper to taste, then serve.

Notes

If you can find fresh pearl onions, boil them skin on for 4 minutes, then cut off the stem at root end and the skins will slip right off. Then you can sauté them for several minutes in butter before adding to the stew. Otherwise it's OK to use frozen. If the sauce is too thin, add a bit of cornstarch dissolved in water.

Recipe by Honest Cooking at https://honestcooking.com/orange-cumin-beef-stew/
A helpful hint from Amy:

https://amindfullmom.com/convert-recipes-pressure-cooking/

A handy guide for converting your recipes to a pressure cooker/instant pot