

SHAVED FENNEL, ARTICHOKE SALAD WITH GAROXA CHEESE AND EXTRA VIRGIN OLIVE OIL

Yield: 8 portions

Ingredients	Amounts
Fennel bulb, trimmed	2 ea.
Portabello mushrooms, gills removed	2 ea.
Frisee lettuce, cleaned	1 qt.
Globe artichoke, large	2 ea.
Lemon juice	1 ea.
Parsley leaves	1 cup
Garoxa cheese, shaved	1 ½ cup
Extra virgin olive oil	¾ cup
Honey	½ cup
Salt	1 tsp.
Black pepper	1 tsp.
Lemons, halved, grilled	4 ea.

Method

1. Prepare an ice bath with a colander or strainer in it.
2. Using a mandolin, very thinly shave the fennel and place into the ice bath to crisp for 10 minutes.
3. Very thinly cut the portobello mushroom using a knife or the mandolin and place into a bowl with the frisee.
4. Clean the artichokes of all the leaves and choke, leaving the heart. Using the mandolin, shave the artichoke heart very thinly and place into a bowl and pour lemon juice over it.
5. Drain the fennel and dry well. Add to the bowl with the frisse, mushrooms, artichokes, parsley, cheese, olive oil, honey, salt, and pepper and toss the ingredients well.
6. Plate with a grilled lemon half.