

SHAVED FENNEL SALAD WITH PARMIGIANO Serves 8

- 2 large Fennel Bulbs (about 1 1/2 lbs each)
- 4 Tablespoons good-quality Extra-virgin Olive oil
- 2 Tablespoons White Balsamic vinegar
- 2 large pinches of Red Pepper flakes (or to taste)
- 8-oz piece of Parmigiano-Reggiano
- 2 or 3 big handfuls of Baby Arugula (or a mix of Organic greens and arugula)

Trim the feathery fronds from the fennel; chop 1/2 cup of them and set aside. Remove the tough outer part of the bulbs and cut the remaining part in half lengthwise. Cut out the core. Now cut the fennel crosswise as thinly as possible. Place in a bowl. Add oil, vinegar, pepper flakes and salt. Break the cheese into very small pieces; add to the salad and toss. Stir in the arugula. Transfer to eight large plates and scatter the fennel fronds on top.

(You can prepare the fennel earlier in the day if it is kept tightly covered. You can also break up the cheese and make the dressing ahead of time. The salad should be tossed just before serving.)