



Citrus & Avocado Salad

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 1 grapefruit, peeled and supreme (see Chef note)
- 1 naval orange, peeled and supreme
- 1 avocado, sliced
- 1-2 radishes, thinly sliced
- 2 cups baby arugula
- ½ cup pomegranate arils
- 2 tablespoons O&V [Lemon EVOO](#) *
- 3 tablespoons O&V [Pomegranate Vinegar](#) * (divided)
- 1 scallion, white and light green parts only, sliced
- Salt and fresh cracked pepper to taste

Preparation

Peel and supreme the grapefruit and orange over a medium bowl (see Chef Note). If you want a simpler approach to cutting the fruit, just remove the pith and peel, and slice the fruit in rounds.

Slice the radishes, avocado, and scallions if using.

In a small bowl, make the vinaigrette by combining the Lemon oil with 1 tablespoon of the vinegar, salt and pepper to taste. In a small pan, heat the remaining 2 tablespoons of vinegar till bubbling and reduced by half. Allow the reduced vinegar to cool.

Toss the arugula with the vinaigrette and place on a platter. Arrange the orange, grapefruit, avocados and radish over the dressed arugula. Sprinkle with the scallion slices and pomegranate arils.

Drizzle the reduced vinegar over the entire plate and serve immediately.

Serves 4

Active time 15 minutes Total Time: 15 minutes

Chef Note

Those perfect citrus segments with no pith and no membrane that you see at restaurants are created with a culinary technique called supreming. With a little practice it is really quite simple and results in those fancy segments that will wow your guests.

How to supreme an orange: First, watch [this video](#) to learn how to easily peel an orange. Once peeled (no skin or white pith), you'll be able to see the membranes between the orange segments. Using a paring knife simply slice along the inside of the membranes and then lift the orange wedge out and place in a bowl – Voila – orange supremes. Do the exact same thing for grapefruit supremes.

Notes

* The [Lemon EVOO](#) pairs perfectly with the [Pomegranate Vinegar](#) and adds wonderful complementary flavor to this salad. Feel free to replace with a high-quality [Unflavored EVOO](#) and your favorite fruity vinegar. Another favorite combination for this salad is [Rosemary EVOO](#) paired with **Citrus Grapefruit vinegar**

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Winter Salad, Citrus Grapefruit vinegar, Pomegranate Vinegar, Rosemary EVOO, Lemon EVOO, Citrus Salad, Orange, Avocado, Supreme, Mediterranean Diet