

Chef from the Hood Recipes



Chef:
Paul Sequeira

Restaurant:
Appelations Wine Bar

Recipe:
Shaved Mushroom, fennel & parmesan salad with truffle oil!

Prep: Using a mandoline or sharp, thin knife, slice clean button mushrooms and a fresh fennel bulb into 1/8" or thinner slices until you have about 1&1/2 cups of each. (Reserve a few of the green fennel leaves for a garnish). Mix about 1/2 cup of young green olive oil with a dash (more or less) of truffle oil (optional). Add the juice of 1 small lemon. Taste & adjust with more oil or lemon if desired.

Assembly: Place a handful of the sliced fennel on each plate. Add a handful of sliced mushrooms to the top of the fennel. Season with sea salt & fresh ground black pepper. Top with shavings of Parmesan cheese that you make with a vegetable peeler. Pour the oil and lemon dressing over all. Garnish each plate with a few fennel leaves. Enjoy!

At Appelations, fresh fennel and mushrooms are dressed simply with lemon juice and good quality oil, then topped with paper-thin slices of Italian Parmesan. The beauty of working with high quality ingredients is that your taste and good judgement becomes more useful than precise measuring! This salad is no exception. It's so uncomplicated that the second time you make it, you won't need a recipe. Assemble each serving on individual salad plates that you've laid out on your work counter. Recipe is for two salads, adjust quantities as needed.