

LEMONY WATERCRESS with FENNEL

Serves 4 to 6

Mostly a salad to celebrate the specialness of a good, peppery watercress, there is also crunchy fennel tossed with some thin (whole) lemon slices. I enjoy the assertive acidity and gentle bitterness of the whole lemon, which, coupled with the spiciness of the greens, makes this kind of an “adult salad,” which is, incidentally, my new favorite phrase.

1 tablespoon fennel seeds

1 Meyer or regular lemon, thinly sliced, seeds removed

2 tablespoons fresh lemon juice

1 small shallot, thinly sliced or finely chopped

Kosher salt and freshly ground black pepper

1 bunch watercress, arugula, or baby mustard greens, thick stem ends trimmed

1 fennel bulb, thinly sliced

Olive oil, for drizzling

1. Toast the fennel seeds in a small skillet over medium heat, shaking constantly until they are smelling super fragrant and are a light golden brown, about 1 minute.
2. Add the seeds to a small bowl along with the lemon slices, lemon juice, and shallot; season with salt and pepper. Let sit a few minutes just to slightly soften the lemon.
3. Combine the watercress and fennel in a large bowl. Add the lemon mixture and toss to combine. Season with salt and pepper and drizzle with olive oil before serving.

DO AHEAD

The watercress and fennel can be tossed together a day ahead, stored in a zippered bag, and refrigerated. Dress with the lemon mixture just before serving.

