

# Orange Salad

## with Vanilla and Sichuan peppercorn

Techniques: Orange supreme + sugar syrup



YIELD: 4 SERVINGS

PREP TIME: 25 MINUTES

### INGREDIENTS

For the sirop:

- 1 cup, 25cl, 250ml water
- 2oz, 1/3cup, 50g white sugar
- 1/2 orange zests, in slices
- 1/4 lemon zests, in slices
- 1/2 vanilla bean (1 vanilla bean splitter in half)
- 1/4 tsp Sichuan peppercorns

Fresh fruits:

- 4 oranges for the zest + supremes
- 1 lemon for the zest

Decoration: top of rosemary sprigs ,  
1 inch/2.5 cm or mint leaves

### TOOLS

- 1 small saucepan
- 1 paring knife, to split the vanilla bean and scrape the vanilla beans
- 1 fillet knife to cut the orange supremes
- 1 digital thermometer
- 1 strainer
- 1 medium glass bowl
- 1 ladle

### DIRECTIONS

Prepare all the ingredients listed above.

#### 1. Prepare the sirop:

In a small saucepan combine all the ingredients listed for the sirop.

Always pour the water first.

Bring to slight boil reaching no more than 100 degrees C or 212 degrees F until the sugar is dissolved. Set aside and allow to infuse and cool down in a separate glass bowl for 15 to 30 minutes, then strain.

#### 2. Supreme the oranges:

Trim off the top and bottom of the orange with a sharp fillet knife. Set the orange on the bottom end, and slide your fillet knife carefully from top to down between the flesh and the white part of the skin following the orange curve. Proceed until all the skin is cut.

Then, hold the orange in your left hand (for right-hander) and with your right hand + the fillet knife, cut out each segment by following the membranes on each side.

Finally, press the membranes left to get the juice.

#### 3. Assemble the orange salad

Add the orange supremes in a shallow bowl or soup dish, pour some sirop over the orange supremes, and decorate with a small rosemary sprig (or mint leave).

Keep the orange salad in the fridge until you serve it. Add fresh blood oranges and tangerine for more colors and a more complex taste.

Bon appétit :-)