**Italian-Style Chicory Salad**

**Ingredients**

* Juice of half a lemon
* 6 tbsp extra-virgin olive oil
* 1 clove of garlic, crushed
* Pinch of sugar to taste
* Salt and black pepper to taste
* 2 tbsp fresh herbs as parsley, chives (Of fresh oregano if you have it) chopped
* 2 red 2 white heads of chicory, trimmed and leaves separated

**Method**

Whisk the lemon with the seasoning. Gradually whisk in the olive oil and herbs until the dressing has emulsified. Adjust seasoning remembering that chicory leaves are quite bitter. Arrange the chicory leaves on a large plate and drizzle over the dressing.

**Italian Chicory Salad – Insalata di Puntarelle**

Double the garlic and add 2 finely chopped preserved anchovies.