

# Fennel



Fennel is in the carrot family, but instead of a root, it grows a dense white bulb at the base of the stem. The fronds, flowers, and seeds are also edible: fennel seed and fennel pollen are widely used spices. All parts of the plant have a delicate anise (or licorice) flavor, giving them a unique role in many dishes. It is low in calories and a good source of fiber and many nutrients, and also has a long shelf life.

## Storage

Refrigerate fennel bulbs in a loose plastic bag up to 3 weeks. Do not wash until ready to use. Fronds can be trimmed from the bulb and treated as a fresh herb, for use within 2-3 days. To freeze, pre-cut and wash bulb and freeze in an airtight bag or container up to 6 months.



## Cooking

The bulb, stalk, leaves and seeds are all edible. The top leaves, or 'fronds' are great on salads, or used as a fresh herb. The bulb & stalks can be thinly sliced to serve raw, or cut larger to sauté, stir-fry, or roast. The bulbs have natural sugars and will caramelize like onions if roasted or slow-cooked.



## Orange Braised Fennel

Serves: 4      Time: 25 minutes

### Ingredients:

- 1-2 fennel bulbs (1 large or 2 medium)
- 1 onion
- 1 orange (or ½ cup orange juice)
- 2 cups water
- 1 tsp cider vinegar
- ½ tsp black pepper
- ½ tsp garlic powder (or 1 clove fresh, chopped)
- 1 tsp dried thyme (or 2 sprigs fresh)
- 1 tsp honey (or other sweetener)



### Directions:

1. Remove tops from fennel bulb, reserving fronds, or leaves. Cut top stems into thin slices, then cut bulb in half and thinly slice. Peel & thinly slice onion. Zest orange, cut in half, and squeeze juice into a small bowl.
2. In medium saucepan or deep skillet, combine fennel, onion, orange zest, orange juice, water, vinegar, black pepper, garlic, and thyme. Bring to a gentle simmer over medium heat and cook 15-20 minutes, stirring occasionally, until fennel is almost tender and liquid is reduced. If fennel dries out before cooking through, add water, ½ cup at a time, as needed.
3. Stir in honey and let liquid reduce to a thick sauce. Taste & season with salt and pepper as needed. Serve, garnished with reserve fronds.

### Quick Tips

- This makes a great side dish for chicken, salmon, pork, or turkey.
- Leftovers can be refrigerated in an airtight container up to 5 days, or frozen up to 3 months.