

VM17

BRAISED FENNEL

Source: River Café

Serves 4



- Fennel bulbs – 2 large
- Olive oil – 3 to 4 TBSP
- Fresh Rosemary – 4 sprigs
- Garlic, peeled and chopped – 2 cloves
- Juice of half a lemon
- Freshly ground salt and pepper

1. Preheat oven to 180°C, (160°C fan)

2. Cut the fennel bulbs in half and then cut away the tough core (delicious raw) Then cut in half/third again to form wedge – shaped pieces.

3. Heat the oil in a large frying pan and sauté the fennel until it is golden brown on all sides. Transfer to a roasting tin or open casserole dish. Add the rosemary and garlic to the pan and cook for a couple of minutes to soften before sprinkling over the fennel.

Season with salt and pepper.

4. Transfer to the oven and braise for 45 minutes or less. Shake the pan a couple of times during cooking to turn the fennel.

5. Remove from the oven, squeeze over a little lemon and serve immediately.

To Serve

Delicious with brown rice (see Rice and Bean salad)