

Fennel

Fennel and mandarin salad

Cut the fennel just before using to keep it fresh and crisp

1 firm fennel bulb
2 mandarins
1 small red onion
A handful chopped Italian parsley
15 ml verjus or 10ml red wine vinegar
20ml good olive oil
Sea salt and pepper to season

Make ready the dressing, squeeze the juice from one of the mandarins, mix in the oil and verjus.

Chop the parsley.

Separate the segments from the second mandarin and slice each segment into two.

Remove the fennel core with a small knife and slice the fennel and red onion as thinly as possible

Toss with the remaining prepared ingredients and season to taste

Braised fennel

Good with chicken and fish dishes

2 fennel bulbs
20g butter
A grind of black pepper
¼ teaspoon of salt

Cut each fennel bulb lengthwise into quarters, place in a shallow saucepan, add the salt and butter, barely cover with water cover with paper and simmer for about 20 minutes or until tender, the liquid should almost have evaporated and juices caramelized a little.

Fennel purée

This makes an excellent delicate sauce for fish, Can be made in advance

2 whole fennel bulbs
½ teaspoon salt
20g butter
20mls cream

Cut each fennel bulb into halves lengthwise then into 2 cm pieces, place in a stainless saucepan, barely cover in water, add salt, bring to the boil and simmer until tender, about 20 minutes, blend with a hand held blender, place back on heat if too watery and cook out a little, add cream and butter, season to taste

