



Braised Fennel Bulbs

Braised fennel makes a nice accompaniment to pork tenderloin or pork roasts.

Active Time: 30 minutes

Total Time: 1 hour

Serves: 4 -6

Ingredients:

2 Tablespoons *HH Lemon Thyme Olive Oil*

4 fennel bulbs, handful of feathery fronds reserved for garnish

6 cloves garlic, peeled

1/2 cup white wine or dry sherry

2 cups vegetable or chicken broth

1 Tablespoon butter

HH Lemon & Marigold Salt

freshly ground pepper

1. Trim fronds from fennel, reserving handful for garnish. Remove tough outer layer of fennel bulb if necessary. Cut bulb in half lengthwise, remove core, cut crossway into 1/2-inch thick slices.
2. Heat *HH Lemon Thyme Olive Oil* in heavy, lidded, 10-inch pan over medium-high heat. Add fennel and garlic cloves, cook, stirring, until fennel starts to brown.
3. Pour in wine, scrape up any bits that stick to pan. Continue cooking until wine is almost evaporated. Add broth, bring to boil, reduce heat to simmer, cook, covered, until fennel is very tender – about 30 minutes. Check liquid level occasionally, adding more water if pan seems dry.
4. Using slotted spoon, transfer fennel to serving bowl, cover lightly. Increase heat, bring remaining liquid to boil. Cook until slightly reduced. Stir in butter, cook until smooth sauce is formed. Add *HH Lemon & Marigold Seasoning Salt* and pepper to taste.
5. Pour sauce over fennel and garnish with chopped fronds.