

# Roasted Fennel

## INGREDIENTS

2 fennel bulbs (thick base of stalk), stalks cut off, bulbs sliced

Olive oil

Balsamic vinegar

## METHOD

**1** Preheat oven to 400°F.

**2** Rub just enough olive oil over the fennel to coat. Sprinkle on some balsamic vinegar, also to coat. Line baking dish with [silpat](#) or aluminum foil. Lay out piece of fennel and roast for 15-20 minutes, until the fennel is cooked through and beginning to caramelize.

Serves 4.

Simply Recipes <http://simplyrecipes.com>

# Shaved Fennel Salad

## INGREDIENTS

1 fennel bulb, shaved paper thin with a [mandoline](#) or meat slicer

2 Tbsp extra virgin olive oil

1 Tbsp fresh lemon juice

1/8 teaspoon of chopped fresh thyme leaves

1 Tbsp chopped flat-leafed parsley

2 Tbsp shaved Parmesan cheese

## METHOD

Mix all ingredients together.

Serves 2-3

Simply Recipes <http://simplyrecipes.com>

## Carrot, Fennel, And Orange Soup

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Makes about 8 cups.

1 medium fennel bulb (sometimes called anise), stalks trimmed flush with bulb, and bulb sliced thin crosswise  
2 tablespoons unsalted butter  
1 1/2 pounds carrots, sliced thin (about 4 cups)  
1 garlic clove, sliced thin  
6 cups water  
1 teaspoon salt, or to taste  
1/3 cup fresh orange juice  
1/4 cup sour cream  
Garnish: 1 tablespoon fresh chervil leaves or fennel fronds

In a 3-quart heavy saucepan cook fennel bulb in butter over moderate heat, stirring, until softened and beginning to turn golden. Add carrots and garlic and cook, stirring, 1 minute. Add water and salt and simmer, covered, 20 minutes, or until carrots are very tender.

In a blender purée mixture in batches with orange juice, sour cream, and salt and pepper to taste until smooth, transferring to another heavy saucepan. Heat soup, stirring, just until heated through (do not let boil).

Serve soup garnished with chervil leaves or fennel fronds.

## Fennel & Orange Salad with Toasted Pistachios

Makes 4 servings, 1 cup each

### Ingredients

2 navel oranges, peeled, quartered and thinly sliced (about 1 1/2 cups)  
1 small bulb fennel, quartered, cored and very thinly sliced crosswise (about 2 1/2 cups)  
1 cup very thinly sliced radishes (about 8 radishes) or diced peeled jicama  
1/4 cup coarsely chopped cilantro  
2 tablespoons extra-virgin olive oil or pistachio oil  
1 tablespoon plus 1 teaspoon fresh lime juice  
1/4 teaspoon salt Freshly ground pepper to taste  
6 tablespoons shelled salted pistachio nuts, toasted and chopped

### Instructions

Combine orange slices, fennel, radishes (or jicama), cilantro, oil, lime juice, salt and pepper in a decorative bowl. Gently toss to mix. Just before serving, sprinkle nuts over salad.

# Beet Greens

## **INGREDIENTS**

- 1 pound beet greens
- 1 strip of thick cut bacon, chopped
- 1/4 cup chopped onion
- 1 large garlic clove, minced
- 3/4 cup of water
- 1 Tbsp granulated sugar
- 1/4 teaspoon crushed red pepper flakes
- 1/6 cup of cider vinegar

## **METHOD**

Wash the greens in a sink filled with cold water. Drain greens and wash a second time. Drain greens and remove any heavy stems. Tear leaves into bite-sized pieces. Set aside.

In a 3 qt saucepan, cook bacon until lightly browned. Add onions, cook over medium heat 5 to 7 minutes, stirring occasionally, until onions soften and start to brown. Stir in garlic. Add water to the hot pan, stirring to loosen any particles from bottom of pan. Stir in sugar and red pepper. Continue cooking until mixture boils. Add greens, reduce heat. Cover and simmer for 10-15 minutes (up to 30 minutes for kale or collard greens). Stir in vinegar. (For kale or collard greens continue cooking additional 20 to 25 minutes or until desired tenderness.)

Serves 4.