

Fennel

Around since ancient Greece, fennel was known by the name "marathon" and was awarded to the runner who delivered the news of the Persian invasion to Sparta. According to Greek mythology, a piece of coal that passed down knowledge from the gods to men was carried by a stalk of fennel.

Back to modern and scientific times, we classify this licorice-scented bulb in the same family as parsley, carrots, dill and coriander. Fennel contains many antioxidants, especially anethole, a compound that helps reduce inflammation and prevent cancer.

An excellent source of vitamin C, fennel also contains folate that neutralizes homocysteine, a risk factor for heart attack, and potassium which helps lower blood pressure. Fennel is a good source of niacin as well as the minerals phosphorus, calcium, magnesium, iron, and copper.

All parts of fennel are edible, use the stalk, leaves and bulb. I especially love it with potatoes and kohlrabi baked in cream with herbs. ~Martha Berkesch

An ayurvedic practitioner told me fennel is especially good for people who spend too much time thinking. The nature of it brings the energy from up above to the base. Out of the head into the heart. You can see this if you look at a fennel plant. Fennel seems to be one of those veggies people love or don't love! To store it you can cut the long leaves and stalks off and put the bulb in a bag in your fridge. The bulb keeps a long time. Use the leaves and stalks first if you plan on saving the bulb.

-Chop the leaves up and sprinkle on salads, eggs, pasta, fish or chicken.

-Italians eat it raw, sliced thin and brushed with olive oil and lemon juice, then sprinkled with salt and pepper.

-Quarter and put in the pan with a roasting chicken.

-Brush a dish with olive oil. Cut fennel in ¼" slices and arrange in dish, brush top with olive oil. Bake at 375 for 15 min.

Flip and roast until fennel is soft enough to put a fork in!

All about Fennel!

Fennel, beloved in Europe and pretty unfamiliar here, has a texture like celery, with slight licorice sweetness to it. Served raw, sautéed, or sometimes grilled, this versatile vegetable can be used in a variety of ways. The leaves, which are ferny, can be chopped up and used as a seasoning in just about anything savory. The flavor blends well with cheeses, cream and anywhere you might be tempted to use dill. It makes a nice addition to potato and macaroni salads. The stems can be chopped up and used like celery. Sometimes they can be tough, so they're best used in dishes with plenty of liquid, like soups and stews. They're also a great addition to roasts of all kinds, as they lend amazing flavor to the pan drippings. The bulb can be sliced and sautéed, or halved, rubbed with olive oil and roasted, grilled or wrapped in foil & baked till soft.

Turnip, Radish, & Fennel Sauté *serves 4

1 bunch baby turnips

1 bunch radishes

1 fennel bulb

1TBS coconut oil

½ lemon juiced

½ tsp sea salt

½ tsp lemon zest

1 tsp fennel fronds minced

Use a mandolin slicer or sharp knife to slice the turnips, radishes, & fennel bulb. Heat the solid coconut oil in the bottom of a skillet on medium heat. When the oil has melted & the pan is hot, add the vegetables & cook, stirring for 5-7 minutes or until soft. Add the lemon juice & sea salt & toss to combine. Garnish with lemon zest & fennel fronds & serve warm.

Salmon with Cabbage, Cucumber, & Fennel Salad *serves 4

4 6-ounce pieces skinless salmon fillet
1TBS olive oil
1/4tsp cayenne pepper
Salt n' pepper
1 lemon sliced
1 ¼ lb. cabbage sliced thinly
1 medium sweet onion sliced thinly
1 ½ lb. fennel bulbs halved, core, & thinly sliced
1 cucumber halved lengthwise & sliced crosswise 1/8inch thick
Salt n' pepper
1C crème fraiche
2TBS white wine vinegar
1/2C dill chopped
3TBS poppy seeds

Heat oven to 400 degrees. Rub the salmon with the oil & place on a rimmed baking sheet. Season with cayenne, salt, & pepper. Top with lemon sliced & bake until opaque throughout, 8-12 minutes. Put the cabbage, onion, & fennel in 3 separate bowls & cover with ice water; let stand for 30 minutes. Drain the vegetables & spin dry in a salad spinner. In another bowl, toss the cucumbers with 2TBS of salt & cover with ice water. Let stand for 30 minutes, then drain & pat dry. In a very large bowl, whisk the crème fraiche with the vinegar until stiff. Add the dill & poppy seed & season generously with salt. Fold in the cabbage, onion, fennel, & cucumber & serve right away alongside the salmon.

Summer Squash Fennel Soup *serves 6

1TBS Olive Oil
1 medium Sweet Onion chopped
1 Fennel Bulb thinly sliced
Salt n' pepper
3 medium summer squash ½ diced cubes
3 Garlic cloves minced
4C Water
1/2C non-fat Greek Yogurt *plus some for garnish
2 small sprigs Fennel greens *plus some for garnish
10 Mint leaves *plus some for garnish

Heat olive oil in a large soup pot on medium heat. Add onion, fennel, salt, & pepper. Sauté the onions for 5 minutes until soft. Add the summer squash & garlic. Sauté for an additional 5 minutes. Add the water & cook the vegetables for 15 minutes on a low simmer until the zucchini is fork soft. Carefully transfer the mixture, yogurt, fennel greens & mint in a blender. Serve immediately & garnish with a small dollop of yogurt, fennel leaves, & mint.

Shaved Fennel Salad *serves 6

1 medium summer squash sliced into paper thin coins
2 small Fennel bulbs trimmed & shaved paper thin
2/3C fresh Dill chopped
1/3C fresh Lemon juice
1/3C olive oil
Salt n' Pepper

4-5 handfuls Arugula

1/2C Almonds toasted

1/3C Feta Cheese crumbled

Combine the summer squash, fennel & dill in a bowl & toss with the lemon juice, olive oil, salt & pepper. Set aside & marinate for 20 n minutes, or up to an hour. When you are ready to serve the salad, put the arugula in a large bowl. Scoop all of the summer squash & fennel onto the arugula, & pour most of the lemon juice dressing on top of that. Toss gently but thoroughly. Taste & adjust with more of the dressing, olive oil, lemon juice, or salt and pepper.

Wild Rice, Fennel & Carrot Soup

Olive oil

2 medium fennel bulbs, trimmed fronds reserved, thinly sliced

2 1/4 pounds carrots, thickly sliced

2 large cloves garlic, thinly sliced

10 cups broth or water

Salt to taste

3 cups cooked wild rice

5 Tbls fresh orange juice

Freshly grated Parmesan cheese

Sauté fennel in olive oil in large soup pot until softened a bit, 3-4 min. Stir in the carrots & cook 10 min, just until barely softened. Stir in the garlic and cook 30 seconds. Stir in the broth. Bring to a simmer and simmer, covered, until the carrots are very tender, another 15-20 min or so. Stir in the wild rice, bring back to a simmer, taste and add more salt if needed. Remove from heat and stir in orange juice. Taste and add more if needed. Garnish with parmesan cheese and fennel fronds. *101cookbooks.com

Caramelized Fennel with Beans, Carrots & Chile Soy Drizzle

1 large fennel bulb

1 Tbsp. plus 2 tsp. olive oil, divided

1 lb. broccolini (about 1 bunch), tough ends trimmed

2 medium carrots, skin peeled, then peeled into thick ribbons with a vegetable peeler

2 cloves garlic, sliced thin, plus 1 clove garlic, minced, divided

1 medium shallot, minced

1/4 tsp. red pepper flakes

1/4 tsp. sesame oil

2 tsp. low-sodium soy sauce

1 tsp. raw organic honey

1/4 cup balsamic vinegar

Cut stems, root end and core from fennel and slice bulb very thin. Coat bottom of a large straight-sided sauté pan over medium-high heat with 1 tablespoon olive oil. When oil is hot, add fennel and sauté for 5 minutes, until it begins to brown. Add 1/2 cup water, beans, carrots and sliced garlic to fennel and cover pan. Reduce heat to medium and let vegetables steam for 20 minutes, until beans are tender, Remove lid, increase heat to medium-high and continue to cook until nearly all liquid at the bottom of the pan has evaporated. While the vegetables cook, make Chile soy drizzle. Add remaining 2 teaspoons olive oil to a small sauce pot over medium heat. Add minced garlic and shallot and sweat them for 2 minutes. Stir in pepper flakes, sesame oil, soy sauce, honey and vinegar. Simmer for 10 minutes. *Clean Eating

Fennel Aioli Serve this condiment with burgers or as a topping to any poached fish. It will knock your socks off!

2 medium fennel bulbs
1 ½ cups plus 3 T olive oil
1 T white wine vinegar
1 ½ t fennel seeds, chopped
4 garlic cloves, peeled and sliced
3 large egg yolks
Salt & pepper to taste.

Trim fennel bulbs and cut into thin slices. Heat 3 T oil in skillet over medium heat. Add fennel slices, vinegar and seeds and sauté 8-10 min, stirring often. Add 2 garlic cloves and remaining oil. Reduce heat to low, cover and cook until fennel is tender, stirring occasionally, about 35 min. Remove fennel and garlic to a food processor, reserving the oil. (Do not use a blender.) Add remaining garlic to the food processor. With machine running, add yolks, one at a time, and process until smooth. Gradually add oil from fennel mixture in slow, steady stream, while machine is running. Process until emulsified. Season with salt & pepper.

Fennel and Potato Gratin (Farm Family Favorite) An all-time Cosmic Apple favorite! This is one of my ALL TIME FAVORITE RECIPES. So important is this recipe to my palate, I feel like I am letting you in on a big secret. This recipe has the potential to convert non-fennel lovers to the other side. It is from Farmer John's Cookbook. Serves 4-6 I like to sprinkle chopped up fennel leaves on top for the last 10 min. of baking.

Butter for greasing the baking dish
2 cups half and half
2 T butter
2 cups fennel cut crosswise in 1/8" slices, sliced
2 cups potatoes
Salt & pepper to taste

Preheat oven to 350. Lightly coat a shallow 2 qt. baking dish with butter. Cover bottom of dish with a layer of fennel. Cover fennel with ½ of potatoes. Sprinkle with salt & pepper. Repeat layer until ingredients are used up. Bring ½ & ½ to boil on stovetop then pour over fennel and spuds. Using spatula, press down on top layer to submerge it. Dot with butter. Bake for 1 hour until top is golden. Sprinkle chopped fennel fronds on top of gratin during the last 10 min of cooking. -Farmer John's Cookbook

Grilled Fennel

About 2-3 Fennel bulbs
Olive oil
Parmesan cheese
Sea salt
Lemon juice
Vegetable oil, for oiling bbq grate

On grill or bbq, make sure the grate is clean. With paper towel, dip in some vegetable oil and oil the grate on the bbq or grill. Heat the grill. Wash fennel bulbs and cut the stems and root, leaving only the bulb. Cut the bulbs in to about 2 in wedges. Toss with olive oil and place on grill. Grill each side of bulb or bulb wedges for about 10-20 minutes (depending on toughness of bulb). The fennel bulb will become soft and tender. Remove from grill, drizzle with a little more olive oil, salt, some lemon juice and sprinkle with parmesan cheese.

Pasta with Fennel and Baby Collard Greens (Makes 2 servings)

1/2 lb. pasta
6-8 leaves collard greens, chopped

2-3 stalks of fennel, finely chopped
Handful of fennel fronds, picked from the small stalks
2 cloves garlic, minced
1 tablespoon fresh lemon juice
1 tablespoon butter
2 tablespoons olive oil
Salt and black pepper to taste

Bring a pot of salted water to a boil and drop in the pasta. In a wide sauté or chef's pan, add the olive oil and garlic and heat until fragrant over med-high. Add the collard greens and a pinch of salt and pepper and sauté a couple min. Add the fennel stalks and cook, stirring, until fragrant and translucent, another couple min. When pasta is nearly cooked al dente, add it to the pan of sautéing vegetables along with a splash of the cooking water. Stir to combine and season with salt and pepper to taste. Remove from heat and add the butter, lemon juice and fennel fronds and give one more toss to combine. Serve immediately.

Creamy Collard and Fennel Soup

1 T. olive oil
1 T. unsalted butter
1 fennel bulb, trimmed and chopped
1 small onion, chopped
1lb. dark leafy greens such as collard or beet, coarse stems and center ribs discarded and leaves chopped
6 c. water
3 c. baby spinach (2 ounces)
½ c. heavy cream
1 T lemon juice

Garnish: fennel fronds or chopped dill

Heat oil and butter in a 6-qt. heavy pot over med. heat until foam subsides. Add fennel, onion, ¾ t. salt, and 1/8 t. pepper and cook, stirring occasionally, until softened and lightly browned, 7 to 8 min. Add leafy greens (but not spinach) and water to pot and simmer, covered, until greens are tender, about 30 min. Stir in spinach and cook, uncovered, just until wilted, about 1 min. Purée until smooth, then return to pot. Stir in cream and lemon juice and reheat over low heat. Season with salt.

Braised Carrots and Fennel

6 large carrots, peeled
2 large bulbs fennel
1 large onion
1 t. sugar
Salt
2 T. olive oil
3 T chopped dill
3 T chopped chives

Slice the carrots ½" thick on an angle. Quarter the fennel bulbs lengthwise, cut into bulb to remove core and thinly slice, or roughly chop. Reserve ¼ c. chopped fennel fronds. Halve and slice the onion. Fill a skillet with ¼" water. Add vegetables then sprinkle with sugar and salt and drizzle with 2 T. olive oil. Simmer covered 20 min., and uncovered for 5 min. and adjust salt. Toss vegetables with fennel fronds, dill and chives.

Eggplant, Zucchini and Fennel Casserole

2 small eggplants
4 small zucchini
¼ c olive oil
2 med. onions, finely sliced
3 cloves garlic, minced
4 green peppers, cored and sliced into strips
2 c. chopped tomatoes
1 fennel bulb, sliced fine, fronds chopped
2 T. chopped, fresh basil Salt and pepper
Wash and dry the eggplants. Cut off stems and discard, but do not peel. Cut into thin slices. Wash and dry the zucchini. Cut off stems and slice zucchini thinly. Preheat the oven to 350°. In a large skillet heat 2 T. oil and sauté the eggplant slices. Repeat with the zucchini and set aside. Add more oil and sauté onion and garlic for 5 min. Add peppers, fennel, tomatoes and basil and cook over me. Heat for 5 min. In an ovenproof dish arrange a layer of eggplant, then zucchini. Add some of the tomato mixture season with salt and pepper. Repeat layering until all the ingredients are used. Cover with foil and bake for 1 hour.

Fennel Soup

3 Fennel bulbs, trimmed and sliced
2 leeks or med. onions trimmed and sliced
½ t. ground anise seed
1 t. ground fennel seed
½ c. dry white wine (optional)
8 c. chicken stock
3 cloves garlic
1 t. crushed peppercorns
3 large Yukon's cut in quarters
4 T. butter
Sea salt or fish sauce and pepper
3-4 T. snipped fennel leaves
Crème fraiche
Cook fennel and onion gently in butter until tender. Add ground anise and fennel seeds and stir around until amalgamated. Add stock and wine. Bring to a boil and skim. ~Add potatoes, peppercorns and garlic. Cover and simmer until spuds are soft, about 30 min. ~Puree soup. If soup is too thick thin with a little water. Season to taste and stir in fennel snippets. Serve with cultured cream. From Nourishing Traditions

Chard & Fennel Sauté

2 tablespoons olive oil
2-3 cloves minced garlic
1 bunch chard, washed
1-2 bulbs fennel, washed
1 handful basil, chopped
1 sweet pepper, minced
Salt and pepper to taste
1 tsp. grated lemon zest
Trim the stalks and fronds off the fennel bulb. Mince some of the feathery leaves and reserve about ¼ cup. Trim away any brown spots and slice to about ½". Trim the ends off the chard and slice the stalks to ½ inch as well. Chop up the

chard leaves and set aside. In a large skillet, heat the olive oil over medium high and sauté the garlic and pepper till translucent, then add the chard stems and fennel slices. Sauté, stirring, for another 4-5 minutes, then add the basil, fennel leaves, salt, pepper and lemon zest. Cook another 3-4 minutes & serve immediately. Make it into a main dish by tossing with hot cooked pasta and adding some grated Parmesan, toasted pine-nuts or cubes of grilled chicken....

Fennel Vinaigrette

2/3 cup extra-virgin olive oil

1/3 cup red wine vinegar

¼ cup chopped fennel leaves

1 teaspoon crushed anise seeds

½ teaspoon each: salt & pepper

1 teaspoon Dijon mustard

1 clove minced garlic or shallot

½ to 1 teaspoon sugar or honey

In a blender or food processor, puree all ingredients except the olive oil. Till smooth. Add the oil in a thin stream, while pulsing, to emulsify.

Fall Fennel and Potato Roast

About 1 lb. whole baby potatoes, clean

2-3 fennel bulbs, trimmed and sliced

1-2 yellow onions, quartered

1 large tart green apple, peeled & sliced

4-5 beets, cleaned, trimmed & halved

2-3 large carrots, trimmed

1-2 cups other vegetables of your choice

1 whole head of garlic, peeled

½ cup olive oil

Salt and pepper to taste

1 large handful chopped fresh herbs

Mix all your veggies in a large baking pan with the olive oil. Sprinkle the herbs and salt and pepper over the top and bake at 375* till potatoes are tender and everything has browned a bit. This is a great pot-luck side-dish, and can be prepared a day in advance, if you like.