



# BRAISED FENNEL

## INGREDIENTS

- 3 to 4 fennel bulbs
- 125 ml (4.4 fl oz) white wine
- 50 ml (1.75 fl oz) water
- 1 bay leaf
- A few small twigs of thyme
- 1 tsp coriander seeds
- 1 lemon
- Salt and pepper to season

## PROCEDURE

1. To prepare the fennel, first remove the stalks, then thinly slice off the end. Take care not to slice it too thickly to avoid the outer skins of the bulb to be dislodged.
2. Peel off the outer layer of skin, then halve the bulb lengthwise and again into quarters.
3. Blanch the bulbs by placing in boiling salted water for 3 minutes, then scoop them out and drain in a sieve (the fennel will be fragile so avoid using tongs for this).
4. Heat some oil in a grill pan and place the fennel face down to achieve those nice looking grill marks (this is purely for aesthetics and is not an essential part of the cooking process).
5. Now combine the wine, water, coriander seeds, bay leaf and thyme and seasoning in a pan over a medium heat and bring to a simmer.
6. Once simmering, carefully place the fennel pieces in, drizzle with the olive oil, then cover the pan and allow the dish to steam for 35 minutes until a knife easily pierces the fennel,
7. Baste the fennel with the pan juices before serving with a spoonful of pan juices and a drizzle with lemon.