

Braised Fennel

From Nelson's Kitchen
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From Marcella Hazan.

Ingredients:

- 3 large fennel bulbs or 4 to 5 smaller ones
- 1/3 cup of extra virgin olive oil
- Salt

Procedure:

1. Preparing the Fennel

- Cut the fennel tops where they meet the bulb and discard them.
- Detach and discard any of the bulb's outer parts that may be bruised or discoloured.
- Slice 1/8 inch of the butt end.
- Cut the bulb vertically into slices about 1/3 inch thick.

2. Braising the Fennel

- Put the fennel and the olive oil in a large saucepan.
- Sprinkle with salt.
- Add enough water to barely cover the fennel.
- Turn heat to medium.
- Do not put a lid on the pot.
- Cook, turning slices over from time to time until the fennel is glossy and pale gold and it is tender when pierced with a knife — between 25 and 40 minutes.
- If the liquid is insufficient, add a bit more water.
- All the water must be evaporated by the time the fennel is cooked.
- Serve on a warm plate.