

Fennel Recipes

Barbecued Fennel– Serves 4-6

This dish is a great addition to any barbecue and a lovely way to make the most of fennel.

Preparation Time:- Approximately 10-15 minutes (including briefly barbecuing the fennel).

Cooking Time:- Approximately 20-25 minutes.

Ingredients:- 3 large fennel bulbs, 2 celery sticks (finely sliced), 2 star anise, 2-3 garlic cloves (chopped), small handful of chopped tarragon and parsley, 1 glass medium white wine, 1 shot of Pernod, 5 knobs of butter, sea salt and pepper to season.

Instructions:- Cut the fennel from top to root into thin slices. Then cut out the tough core. Char-grill the fennel briefly on the barbecue, turning once and then place the fennel in the middle of a large square of foil. Scatter over the celery and add the star anise. Season with the salt and pepper. Pour over the wine and then drizzle with the Pernod. Dot over the butter and chopped garlic and scatter over the herbs. Then wrap everything in the foil to make a parcel and place on the edge of the barbecue. Cook slowly for 20-25 minutes, then open the parcel and serve immediately.

Handy Hint: *This is a gorgeous dish. It makes a fine side dish for any dinner party. If you are cooking this dish indoors you can simply char-grill the fennel on an oiled griddle instead. Then you can bake it in an oven at gas mark 4/180C for approximately 30 minutes until the fennel is tender.*