

Blood Orange Braised Fennel

Recipe By *Chaia Frishman*



Cooking and Prep:  45
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Serves:  6

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Passover, Sukkot

Diet: Vegetarian, Vegan,
Paleo, Pescetarian, Gluten

Free, Low Fat, Low Carb

Source: Family Table by
Mishpacha Magazine

I love the taste of fennel in my chicken soup. Raw fennel tastes like licorice, but it literally changes face when braised in this tart mix of flavors. Definitely the most original side dish you will serve this Pesach.

Ingredients (7)

Main ingredients

- 2 large fennel bulbs, tops and fronds removed and cut into 8 wedges each (take out the inner “cabbage” core)
- 1 tablespoon **Bartenura Extra-Virgin Olive Oil**
- 2 cloves garlic, chopped or 2 cubes **Gefen Frozen Garlic**

- 1/2 cup freshly squeezed blood orange juice (regular OJ is fine too.)
 - 1/2 cup vegetable broth
 - Tuscanini Sea Salt, to taste
 - freshly ground pepper, to taste
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Start Cooking

Prepare the Fennel

1. Heat up oil in a frying pan and brown fennel on all sides. Add garlic, salt, pepper, juice and broth and cover. Bring to a boil and then reduce fire to simmer.
2. Let cook for 25 minutes or until tender.

Credits

Photography: Hudi Greenberger.

Food Styling: Renee Muller.