

# Braised Fennels

Recipe By *Jennifer Chetrit*



Cooking and Prep:  20  
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Serves:  6

No Allergens

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Shabbat, Purim,  
Passover

**Diet:** Vegetarian, Pescetarian,  
Gluten Free

**Cuisines:** Italian, French,  
Sephardi, Moroccan

A beautiful side dish to meat, fish or chicken. When braised, fennels becomes so sweet you will have to try it too, believe me!

## Ingredients (7)

### Main ingredients

- 3 small fennel bulbs
- 2 tablespoons **Bartenura Extra-Virgin Olive Oil**
- 1/4 cup dry red wine, like **Alfasi Cabernet Sauvignon**
- 1/4 cup vegetable broth or water

- 1 teaspoon ground turmeric
  - pepper, to taste
  - Haddar Kosher Salt, to taste
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## Start Cooking

### Prepare the Fennel

1. Cut off and discard stalks from fennel bulbs.
2. Cut bulbs lengthwise into four quarters each leaving core intact.

### Sauté

1. Heat oil in a skillet over medium high heat with the olive oil, then brown fennel slices well, turning over once, three to four minutes total.

### Braise

1. Reduce heat to low.
2. Season fennel with salt and pepper and turmeric, then add wine and water.
3. Cook covered until fennel is tender, 10 to 12 minutes.

### Credit

Photography and styling by Jennifer E. (Bitton) Chetrit