

Fennel Appetizer / Side

Via Torino (Italian = Finocchio)

The following is a Fennel Appetizer from Via Torino

Ingredients

for 4 servings (shared)

- 1 Large Stock Fennel
- 2 Tbs Butter
- 1 Tbs Olive Oil
- 1 Shallot diced
- ¼ Cup Heavy Cream
- ¼ Cup graded Grana Padano Parmesan
- 2 Tbs Gorgonzola (too much makes it salty)
- 2 Tbs Dry White Wine
- Salt & Black or White Pepper to taste



Directions

- Trim off tops of fennel and remove tough outer leaves. Cut stocks from Fennel (discard root area) and dice the good parts of leaf end
- Thickly slice each bulb / Cut bulb into ½ inch slices
- Steam Fennel - Place in steamer over simmering water. Cover and steam five minutes. Drain and place in shallow serving dish.

While Fennel is steaming make the sauce

- Melt Butter with Olive Oil, add salt and black pepper and sauté the shallot
- Add in Grand Pando Parmagina, stir until melted
- Add diced Fennel (this is optional)
- Add Heavy Cream
- Add Gorgonzola and stir until melted
- Put the sauce in a container to keep warm
- De-glaze the sauce pan with a little White Wine and add to sauce.
- Arrange steam Fennel on a warm plate in a star burst pattern
- Pour sauce over Fennel and serve

Variations:

Instead of steaming the Fennel, boil the bulb for 15-20 minutes. Then slice hot and arrange on plate. You can also add a small amount of ricotta or provolone cheese

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Fennel

The feathery fronds and celery-like appearance of fennel make it an unusual vegetable for the American table; however, chefs and cooks experienced in Italian or French cuisine believe fennel's piquant, licorice-like flavor offers medicinal qualities to menus; it encourages the appetite, refreshes the palate and speeds digestion.

The bulbous vegetable root, called Florentine fennel, can be sliced, steamed and grilled. It is very tasty, similar to artichokes or celery. The strong licorice flavor becomes milder when cooked, so steamed or grilled fennel is pleasantly sweet.

Look for fennel with outer stalks at least 9-inches long; the bulbs should be pale greenish-white and crisp. Steaming fennel is the easiest way to prepare the bulb. After it is steamed, broil or grill it, the use as a garnish on a green salad.

Ingredients:

- ❑ Two small fennel bulbs
- ❑ 1 tablespoon olive oil

Directions:

- ❑ Trim off tops of fennel and remove tough outer leaves.
- ❑ Thickly slice each bulb.
- ❑ Place in steamer over simmering water.
- ❑ Cover and steam five minutes.
- ❑ Drain and place in shallow baking dish.
- ❑ Brush surface of fennel with olive oil.
- ❑ Broil four to five inches from heat source one to two minutes or until lightly browned.

Recipe makes two to three servings.