



HOW TO COOK FENNEL

SAUTÉED



Serves: 4



Prep Time: 10 minutes
Cook Time: 12 minutes

INGREDIENTS

2 Tbsp. extra virgin olive oil
2 cloves garlic, minced
2 medium Ocean Mist Farms fennel bulbs, sliced
Salt & pepper, to taste
2-3 Ocean Mist Farms fennel fronds, chopped



HEAT

Oil in a large skillet over medium-high heat.



ADD

Garlic and cook for 1 minute.



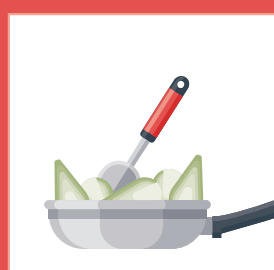
COOK

Sliced fennel for 10-12 minutes until lightly browned and tender.



SEASON

With salt and pepper. Sprinkle chopped fennel fronds over the cooked fennel slices.



STIR

Gently to combine. Serve hot.

ROASTED



Serves: 4



Prep Time: 10 minutes
Cook Time: 15 minutes

INGREDIENTS

2 Tbsp. extra virgin olive oil
1 sweet onion, diced
2 medium Ocean Mist Farms fennel bulbs, sliced
Salt & pepper, to taste
2-3 Ocean Mist Farms fennel fronds, chopped



PREHEAT

Oven to 400° F.



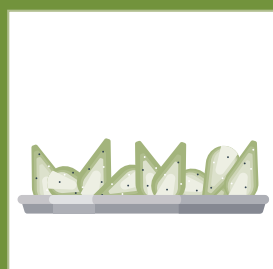
MIX

Olive oil, onion, and fennel in a large mixing bowl.



SEASON

With salt and pepper.



SPREAD

On an ungreased baking sheet.



ROAST

For 16-18 minutes, until the fennel is lightly browned and tender.

BRAISED



Serves: 4



Prep Time: 10 minutes
Cook Time: 20 minutes

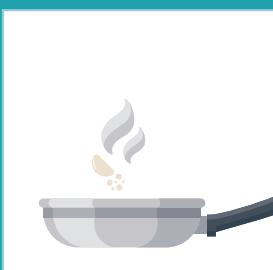
INGREDIENTS

2 Tbsp. extra virgin olive oil
2 cloves garlic, minced
2 medium Ocean Mist Farms fennel bulbs, sliced
1 1/2 cups chicken or vegetable broth
1 Tbsp. Ocean Mist Farms fennel fronds, chopped
Salt & pepper, to taste



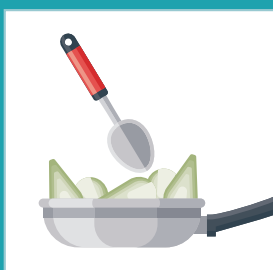
HEAT

Oil in a large skillet over medium-high heat.



ADD

Garlic and cook for 1 minute.



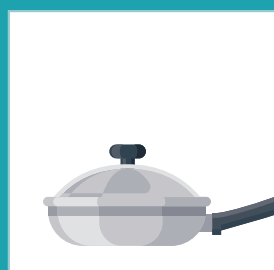
COOK

Sliced fennel for 2-3 minutes.



ADD

Broth, stir well, and cover.



REDUCE

Heat to medium-low and cook for 18-20 minutes until tender. Serve hot.



www.oceanmist.com

