



# HOW TO BRAISE FENNEL

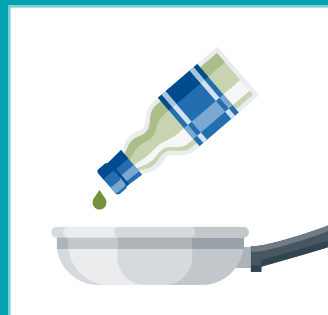


Serves: 4



Prep Time: 10 minutes  
Cook Time: 20 minutes

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



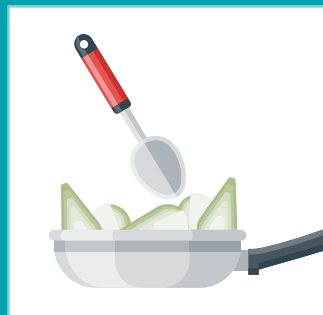
## HEAT

Oil in a large skillet over medium-high heat.



## ADD

Garlic and cook for 1 minute.



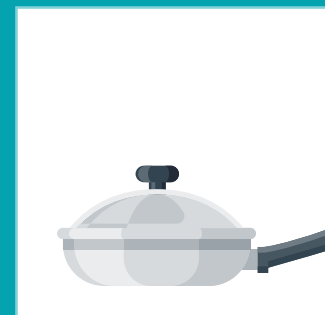
## COOK

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.



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