

# HOW TO COOK FENNEL

## SAUTÉED



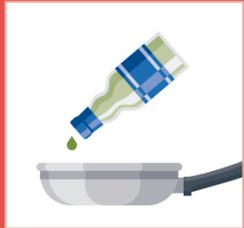
Serves: 4



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



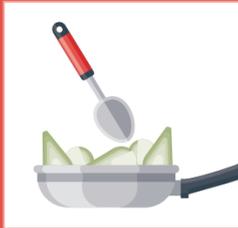
#### HEAT

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.