



HOW TO BRAISE FENNEL



Serves: 4



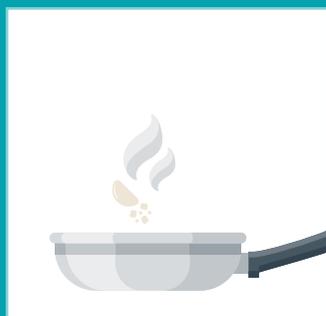
Prep Time: 10 minutes
Cook Time: 20 minutes

- 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.



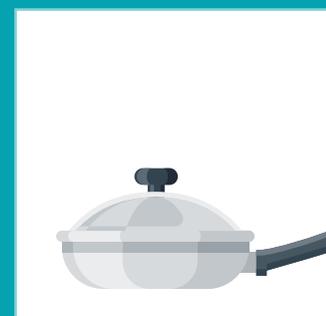
COOK

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.

