

FENNEL

Types

Florence fennel is grown for its “bulb,” which is made of swollen leaf bases, but all parts of plant are edible.

Other varieties of fennel are grown mainly for leaves or seeds.

Wild fennel (*F. vulgare*) is also edible.

Selection Info

Look for white bulbs that are heavy for their size. Avoid bulbs with soft spots and discoloration. If stems and fronds are present, look for firm, long stems with green color.

Preparation

Rinse fennel well in a cool stream of water before using. Trim off the bottom and cut the stems off the bulbs. The stalks and fronds can be used for cooking, so don't throw them away. Cut the bulb into wedges for cooking. If you eat

fennel fresh, you should slice it thinly. This is easiest to do with a mandoline.

Braise: Melt butter in sauté pan over high heat, add fennel wedges and sauté for about 2 minutes. Next, sprinkle with salt and sugar until brown on both sides. Season further as desired.

Roast: Heat oven to 375°F. Cut fennel into wedges as described above. Next, sprinkle with salt, pepper, and Parmesan cheese. Drizzle with olive oil and bake until fork-tender (about 45 minutes).

Storage

Short-Term Storage: Loosely wrap fennel in a plastic bag and store it in the refrigerator for up to 5 days.

Long-Term Storage: Fennel stalks and fronds freeze well. Simply rinse them in a cool stream of water, and then place them in freezer-safe bag or container. Due to its high water content, freezing the bulb will change its texture.



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APPLE FENNEL SOUP

Ingredients

- 2 medium golden delicious apples (peeled, cored, and chopped)
- 1 cup carrots (thinly sliced)
- 1 small onion (thinly sliced)
- 1/2 cup fresh fennel (chopped)
- 2 cups water
- 1 14-ounce can low-sodium chicken broth
- 1/2 cup dry white wine
- 1 bay leaf
- 1/4 teaspoon dried thyme
- 6 whole black peppercorns
- low-fat plain yogurt (optional)



Directions

1. In a large pot, combine all ingredients (except yogurt, if using). Bring to a boil over high heat.
2. Reduce the heat, cover, and simmer for 20 minutes.
3. Pour the soup through a strainer set over a large bowl.
4. Remove the bay leaf.
5. In blender or food processor, carefully puree the vegetable mixture until smooth.
6. Add the soup liquid and pulse until blended.
7. Reheat the soup, if necessary.
8. To serve, ladle the soup into bowls and top with dollops of yogurt, if desired.



Learn more about **FENNEL** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=fennel>.



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Nutrition Information

Nutrition information does not include optional yogurt.

Serving Size 1/4 of recipe

Nutrients	Amount
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Total Calories	82
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Protein	2g
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Carbohydrates	14g
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Dietary Fiber	3g
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Total Fat	0.3g
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Saturated Fat	0.2g
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Cholesterol	2mg
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Minerals	Amount
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Sodium	80mg
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