



RECIPES

Crispy Roasted Fennel serves 4-6

3 large fennel bulbs
4 Tbsp. safflower oil
Finely grated rind of 1 small lemon
1 clove elephant garlic
1 cup fresh whole wheat or sprouted barley bread crumbs
Real salt
Cayenne

Trim the fennel bulbs, reserving the green feathery fronds, and cut into quarters. Cook bulbs in a large pan of boiling salted water for 5 minutes, until just tender, then drain well.

Heat 2 Tbsp. oil in a small roasting pan or skillet with flameproof handle (cast iron skillet), add the fennel, and turn to coat in oil. Drizzle over with lemon juice. Roast pan spread fennel in pre-heated oven at 400 degrees for 35 minutes, until just beginning to brown.

Meanwhile, heat the remaining oil in a skillet over med.. high heat. Add garlic and fry for 1 minute until lightly browned. Add the bread crumbs and fry for another 5 minutes, stirring frequently, until crispy. Remove from heat and stir in the lemon rind, reserved snipped fennel tops, salt and pepper. When fennel is cooked, sprinkle with bread crumbs evenly over the top and return to oven for 5 minutes. Serve hot.