

SAUTÉED FENNEL WITH SEASONAL HERBS

Fennel marries well with seasonal herbs such as parsley, mint, basil, and dill. Try different combinations of them to discover their range of flavors. Serves 2

1 large fennel bulb
3 tablespoons olive oil
Juice from ½ of a lemon
Sea salt and pepper to taste
¼ cup chopped herbs

1. Use a sharp knife to cut the top and bottom off of the bulb. Remove the outer tough or bruised layers.
2. Cut the bulb in half and remove the core. Lay each half on its flat side and thinly slice them in 1/8" pieces.
3. Heat the olive over a medium-high heat until hot, but not smoking.
4. Add the sliced fennel and allow the fennel to sauté in the hot oil for a minute. Stir the slices to allow the ones on top to go to the bottom. Stir every few minutes as the fennel starts to caramelize (it will start to brown on the cut edges), making sure that the fennel pieces cook evenly. Cook for 8-10 minutes to allow the fennel to turn golden brown. You may need to turn your heat down slightly, so the caramelized pieces don't blacken.
5. Add the lemon juice and cook for 2 minutes more.
6. Add sea salt and pepper to taste (approximately ½ teaspoon of each).
7. Add the chopped herbs. Toss and serve hot or at room temperature.

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FENNEL



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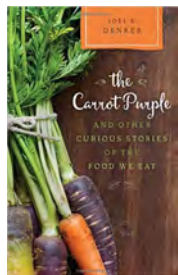
The Beginner's Guide to Growing Heirloom Vegetables



The Best Pasta Sauces



The Broad Fork



The Carrot Purple



Ciao Italia Family Classics



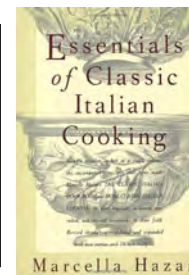
Cooking With An Asian Accent



The Culinary Herbal



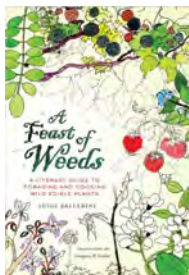
The Encyclopedia of Herbal Medicine



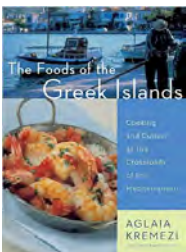
Essentials of Classic Italian Cooking



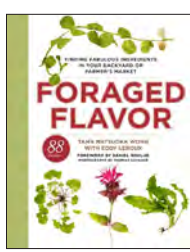
Fabio's American Home Kitchen



A Feast of Weeds



The Foods of the Greek Islands



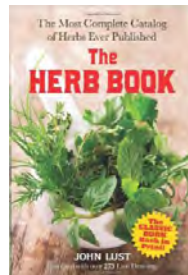
Foraged Flavor



Fresh & Fast Vegetarian



Grilled Pizza the Right Way



The Herb Book



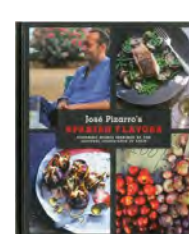
Homegrown Harvest



Huxtabook



The Italian Vegetable Cookbook



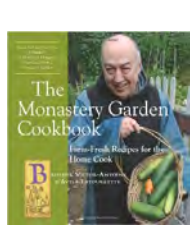
José Pizarro's Spanish Favors



Magic Soup



Meat and Potatoes



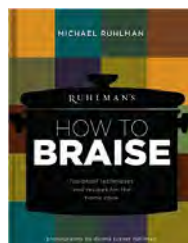
The Monastery Garden Cookbook



Nature's Larder



The New Sugar & Spice



Ruhlman's How to Braise



Smashing Plates



Soup for Syria



Vegan Planet



The Vegetable Butcher

Versatile fennel, a perennial that grows heartily on S.F. streets, may be eaten in its entirety—bulb, leaves, flowers, pollen and seeds. This list will introduce you to its many uses, as well as its history. It is one of our featured ingredients in SFPL's Biblio Bistro programming at the Heart of the City Farmers' Market, every 3rd Wednesday of the month (weather permitting).