

## Braised Fennel

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This makes a great accompaniment to fish and chicken (not together!) dishes. I use chicken stock for the braising but a vegetable stock could be used. This recipe also works well for chicory but halve the cooking time.

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### Planning

serves:	4
prep time:	10 mins
cooking time:	40 mins

### Ingredients

1 oz butter  
2 bulbs fennel  
10 fl oz stock (chicken or  
vegetable), hot  
juice of ½ lemon  
pepper

### Method

In a small sauté pan, melt the butter over moderate heat. Trim the fennel bulbs and cut them in half lengthwise to expose the narrow dimension. Seal the cut side of the fennel in the butter for a minute or two then add the hot stock. Add a few grindings of black pepper to the fennel. Reduce the heat to low, cover the pan and simmer the fennel for about 40 minutes. (I like it quite soft; adjust it to your preference.)

Strain the fennel from the braising liquid and serve.