

View from the Fridge – Recipes from Brian Donkin

Recipe # 53 – Plain Fennel

Preparation time: 3 mins – Cooking time: 50 mins

Ingredients

1 large fennel, trimmed
salt and pepper
juice of ½ lemon
1 pint of cold water
2

Method

1. Place fennel in pot cover with cold water, add salt and pepper and the lemon juice, bring to the boil and simmer for 50 minutes.
2. Strain and slice length-wise into 6 pieces.

Serves 3

