



## CITRUS BRAISED FENNEL

BY GERALD FORD, CMC

### INGREDIENTS

Fennel Bulb, Wedged (1 Fennel @ 200g, cut into 8 wedges) 2 ea  
Butter, Whole 60 g  
Blended Oil 30 g  
Thyme, Whole with stem 2 ea  
Bay Leaves, Whole 1 ea  
Salt, Kosher 5 g  
Black Pepper, Ground 1 g  
Orange Juice, Fresh squeezed 150 g  
Noily Prat, Dry 100 g  
Pernod 20 g

### METHOD

1. Trim fennel and cut into wedges. Trim core section but don't not remove completely.
2. Heat a sauteuse and add the oil, sear the fennel, add butter and brown gently.
3. Add the thyme and pepper, allow to pop.
4. Add the Noily and orange juice then deglaze.
5. Cover with a cartouche, cook for 12-15 minutes.
6. Once fennel is tender remove from heat and adjust the seasoning.
7. Garnish and reserve for service.