Fennel Recipes

Orange Braised Fennel

Kohlrabi Fennel Slaw

Orange Braised Fennel  
From Martha Stewart  
  
2 bulbs fennel, trimmed (1 1/2 pounds)   
1 tablespoon unsalted butter   
1 tablespoon extra-virgin olive oil   
1 1/2 cups freshly squeezed orange juice (about 3 oranges)   
Coarse salt and freshly ground pepper   
1/2 cup dry white wine  
  
1. With a large knife, cut each fennel bulb lengthwise into four slices. In a large skillet over medium heat, heat butter and oil until sizzling. Lay fennel slices in skillet; cook, turning once, until browned, about 5 minutes per side.  
2. Pour orange juice over fennel; season with salt and pepper. Bring mixture to a boil, then reduce to a simmer. Cook until fennel is tender, about 15 minutes. Add wine, and continue cooking until fennel is very tender and sauce has thickened, about 10 minutes more. Season with salt and pepper, as desired, and serve warm.

Kohlrabi Fennel Slaw with blue cheese and walnuts

From healthyseasonalrecipes.com

Ingredients

½ cup low-fat plain Greek yogurt

3 tablespoons mayonnaise

1/2 shallot, minced

2 teaspoons cider vinegar

¾ teaspoon salt freshly ground pepper to taste

1 fennel bulb, cored and julienne cut

6 cups finely shredded or julienne peeled kohlrabi

½ cup toasted walnuts

¼ cup crumbled blue cheese

Instructions

1. Whisk Greek yogurt with mayonnaise in a large bowl. Add shallot, vinegar, salt and pepper and whisk to combine. Add fennel, kohlrabi, walnuts and blue cheese and stir to coat