Fresh Vegetable

FENNEL BULB



Ref: FEN-01

Italian name: Finocchi

Weight Order: 5-6 kg

Description: Fennel is crunchy and slightly sweet, adding a refreshing contribution to the ever popular Mediterranean cuisine.. Fennel's aromatic taste is unique, strikingly reminiscent of licorice and anise, so much so that fennel is often mistakenly referred to as anise in the marketplace. Fennel's texture is similar to that of celery, having a crunchy and striated texture. Fennel is composed of a white or pale green bulb from which closely superimposed stalks are arranged. The stalks are topped with feathery green leaves near which flowers grow and produce fennel seeds. The bulb, stalk, leaves and seeds are all edible.

Season: From the autumn through early spring

Serving suggestion: It's very versatile, you can have it in different ways: Healthy sautéed fennel and onions make a wonderful side dish. Combine sliced fennel with avocados, and oranges for a delightful salad. Braised fennel is a wonderful complement to scallops. Top thinly sliced fennel with plain yogurt and mint leaves. Fennel is a match made in Heaven when served with salmon.

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