

FENNEL SEED

Fennel is a flowering plant species in the carrot family. It is indigenous to the shores of the Mediterranean but has become widely naturalized in many parts of the world, especially on dry soils near the sea-coast and on riverbanks.



Fennel is widely cultivated for its edible, strongly flavored leaves and fruits. Its aniseed or liquorice flavor comes from anethole, an aromatic compound also found in anise and star anise, and its taste and aroma are similar to theirs, though usually not as strong.

The bulb, foliage, and fruits (seeds) of the fennel plant are used in many of the culinary traditions of the world. Dried fennel fruit is an aromatic, anise-flavored spice, brown or green in color when fresh, slowly turning a dull grey as the fruit ages. For cooking, green fruits are optimal. Fennel fruits are the primary flavor component in Italian sausage.

Many cultures in India, Afghanistan, Iran, and the Middle East use fennel fruits in cooking. It is one of the most important spices in Kashmiri cuisine and Gujarati cooking. It is an essential ingredient of the Assamese/Bengali/Oriya spice mixture *panch phoron* and in Chinese five-spice powders. In many parts of India, roasted fennel fruits are consumed as *mukhwās*, an after-meal digestive and breath freshener.

FENNEL SEED ROAST

Salty, spicy, with a great earthy flavor, the fennel seed roast is perfect for fall or winter nights.
Cook Time: 60 min — 4 servings



INGREDIENTS

- 2 1 lb. Pork Tenderloins
- 2 cups Chardonnay or Pinot Grigio
- 4 TBSP Olive Oil
- 2 TBSP Fennel Seed
- 1.5 TBSP Sea Salt
- 2 TBSP Black Pepper
- 5 Cloves of Garlic, minced

INSTRUCTIONS

1. Pre-heat the oven to 325F
2. Combine all the spices in a bowl and mix well.
3. Clean the pork tenderloins, make sure to remove the silver skin if it has not been removed already
4. Rub the olive oil over the tenderloins and pat spices onto the meat, covering the entire surface
5. Place meat into baking dish and pour wine around the meat
6. Bast the roast every so often
7. Bake for 1 hour, or until desired internal temperature has been reached (I go for 155F)
8. Let rest for 3-10 minutes
9. Slice meat against the grain and enjoy

ZUCCHINI SAUTEED WITH FENNEL SEEDS

*15 min prep — 10 min cook
— 6 servings*



INGREDIENTS

- 1 tbsp extra virgin olive oil
 - 500g (about 3) zucchini, thickly sliced diagonally
 - 1/2 red onion, thinly sliced
 - 2 garlic cloves, finely chopped
 - 1 tsp Fennel Seeds, coarsely crushed
 - 1 tbsp white balsamic vinegar
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INSTRUCTIONS

1. Heat the oil in a large non-stick frying pan over medium-high heat. Add the zucchini and stir for 5 minutes or until golden.
2. Stir in the onion, garlic and fennel seeds. Cook, shaking the pan occasionally for 2 minutes or until the onion softens slightly. Stir in the vinegar. Season.

FENNEL TEA COOKIES

*20 min prep — 15 min bake
— Makes 3 dozen*



INGREDIENTS

- 1 tablespoon fennel seed, crushed
 - 2 tablespoons boiling water
 - 3/4 cup butter, softened
 - 2/3 cup packed brown sugar
 - 1 egg
 - 2 cups all-purpose flour
 - 1/2 teaspoon baking soda
 - Confectioners' sugar
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INSTRUCTIONS

1. In a small bowl, soak fennel seed in boiling water; set aside.
2. In a large bowl, cream butter and brown sugar until light and fluffy. Beat in egg.
3. Drain fennel seed.
4. Combine the flour, baking soda and fennel seed; gradually add to creamed mixture and mix well.
5. Roll into 1-in. balls; place 2 in. apart on ungreased baking sheets.
6. Bake at 350° for 10-12 minutes or until lightly browned.
7. Roll warm cookies in confectioners' sugar. Cool on wire racks.