

Braised Fennel & Carrots



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Fennel, known for its licorice-like taste, takes on a sweeter, caramelized flavor when cooked. It pairs perfectly with naturally sweet carrots to create this side dish!

YIELD 4 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

1 Tbsp	Olive Oil
1 each	Fennel bulb, halved, cored, and cut into ¼" thick slices
½ tsp	Kosher Salt
1 lb	Carrots, peeled and bias cut ¼" thick *see note (about 6 whole carrots)
1 each	Orange, zested and juiced
1/2 cup	Water
2 tsp	Honey
To Taste	Black Pepper, ground
¼ cup	Fennel Fronds, chopped *see note

CHEF'S NOTES

To cut on a bias means cutting on the diagonal. Bias cuts are great for when cutting long and thin vegetables, like a carrot. This reduces cooking time and allows for increased surface area. To achieve a bias cut, keep your knife perpendicular to the cutting board position the knife at a 45-degree angle and slice to the desired thickness.

The fennel fronds are the frilly, thread-like pieces that grow out of the tops of the fennel stalks. The fronds have a milder, more citrusy flavor that can be used like fresh herbs in salads and other dishes.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Heat a large sauté pan over medium heat before adding the oil. Once the oil is added, swirl around to evenly coat the pan.
3. After the oil has heated, add the sliced fennel and salt and cook, stirring occasionally, until lightly golden brown, about 2 to 4 minutes.
4. Add the carrots and cook until they soften slightly and the fennel is a rich golden-brown color and almost tender, about 4 to 6 minutes more.
5. Reduce the heat to medium-low and add the orange zest and juice, water, and honey, stirring to combine.
6. Bring the liquid to a boil and reduce the heat to a simmer before covering with foil or a lid and cooking until the vegetables are fully tender, about 4 to 6 minutes.
7. Once tender, uncover and continue to simmer until most of the liquid has evaporated, as needed. Season with pepper to taste.
8. Remove from the heat and stir in the fennel fronds before serving.

Nutrition Facts

6 servings per container

Serving Size 1/2 cup (154 g)

Amount per serving

Calories 80

% Daily Value *

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 230mg 10%

Total Carbohydrate 13g 5%

Dietary Fiber 3g 12%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 1g 3%

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 0.54mg 3%

Potassium 400mg 9%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

