

## Fennel Seed (Foeniculum vulgare)

---

Use 1-2 tsp for 4 servings

### **Description**

Fennel Seeds are oval, light brown and have a subtle, sweet anise-like flavour.

Fennel complements - fish, pork, veal, potatoes, rice, eggs, cheese, pickles, apples.

### **Did you know?**

Ancient Chinese and Hindus used Fennel as a remedy for snake bites and scorpion stings. In the Middle Ages it was hung over doorways to ward off evil spirits. Indians chew Fennel Seeds at the end of a meal to aid digestion and freshen the breath. Greek athletes ate Fennel to keep up their strength and keep down their weight.

### **Quality**

Good quality Fennel Seed should be clean with an anise-like flavour and aroma. The colour of the seeds ranges from yellow to greenish-brown. Anethole is the principal flavour - giving volatile oil.

### **Usage**

Fennel has a special affinity with fish. Try adding it to the basting juices during cooking.

Fennel counteracts the oiliness in fish and fattiness in meats such as pork.

In Italy, it is used to season salmon and a salami called finocchiona.

In India, Fennel Seeds are used in vegetarian dishes.

Make a savoury dressing for grilled monk fish with crushed Fennel Seeds, olive oil, red wine vinegar, chopped onion and salt. Add extra flavour to potato salad and rice dishes with crushed Fennel Seeds. Flavour risotto with Fennel Seeds and Parmesan cheese.

Serve baked fish seasoned with Fennel, lemon juice and dry white wine on a bed of pasta for a light summer supper. Greek kakavia, a fish soup, uses Fennel to enhance the flavour of the fish, shellfish and tomatoes.