

Eat well with The Headingley Greengrocer

No. 2



Fennel

A delicious versatile vegetable with a slightly aniseed taste. It can be enjoyed raw and cooked. The three different parts of fennel—the base, stalks and leaves—can all be used in cooking.

Homemade Coleslaw

Finely slice fennel, red cabbage, white cabbage and carrot, mix with olive oil, natural yoghurt and lemon juice for a healthier alternative to mayonnaise.

Fennel & Blood Orange Salad

Finely slice the fennel. Cut the peel and pith from the orange and either segment or cut into slices, saving any juice. Arrange the fennel and orange on top of mixed leaves - I like watercress, spinach and rocket. Drizzle over some white wine vinegar, olive oil and the juice.

Fennel, Apple and Walnut Salad

Finely slice the fennel, core and apple and cut into slices, dry roast some walnuts, drizzle over your favourite salad dressing and crumble over some feta cheese.

Fennel au Gratin

Cut the fennel into quarters and boil in salted water for 8-10 minutes until soft. Drain. Put the fennel into a dish, scatter over breadcrumbs, grated Parmesan or strong cheese and a little olive oil or butter. Grill or bake until the topping is golden and crispy.

Chicken with Fennel, Leeks and Seville Oranges

1 large fennel bulb or 2 small	1 tsp salt flakes
1 large leek	3 tsp fennel Seeds
2 tablespoons olive oil	3 tsp Dijon Mustard
2 Seville oranges or (1 orange + 1 lemon when Seville not in season)	8 chicken thighs- skin on & bone in.

1. Heat the oven to Gas 6/200C
2. Slice the fennel in half. Cut the bulbs into wedges approx 1 cm thick.
3. Slice the leeks into chunks approx 2 cm thick.
4. Put the oil into a bowl, add the mustard, orange zest and juice, salt and fennel seeds. Mix.
5. Put the fennel, leeks and chicken into the mixture and give everything a good mix so they are coated with the liquid. You can leave this in the fridge for up to 24 hours before cooking.
6. In a large roasting tin, put the vegetables at the bottom and lay the chicken, skin side up on top. Pour over all the remaining liquid.
7. Drizzle the chicken with a little olive oil and roast for 1 hour until the skin is brown and crispy and the chicken cooked through.

Enjoy! All the ingredients can be found at the Headingley Greengrocer, at the Natural Food Store opposite, or at Headingley Farm Butchers next door.

<https://theheadingleygreengrocer.co.uk/>

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