

# SEAFOOD & FENNEL “FARROTTO”

*Fennel has so many uses and the following recipes make use of the varied ways that the plant can be utilized. Infusing spirits or making broth or even as a fresh lift to salads, the fronds can be quite useful yet often discarded- here they are put to use 3 times. The bulb will take on different roles depending on the type of cooking method and how hot the bulb is treated- low and slow heat yields a sweet and fragrant flavor, hot and fast yields a nuttier savorier taste.*

*The “Farrotto” is a spin on Risotto where Arborio or Caranoli rice is fried in oil before being gradually cooked in broth which produces a very creamy result- as Farro does not have the starch that rice has, adding Fennel Cream at the end mimics this creaminess and brings the whole dish together. After buying fresh fish, I often have left over un-cooked portions that I freeze and utilize in a dish such as this- feel free to add other seafood such as Mussels, Clams or Squid.*

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## FENNEL LIQUOR

1 bunch Fennel Fronds

1 bottle 360 Organic Vodka

*Wash fennel fronds thoroughly in lots very cold water, shake off excess water and then dry using paper towels. Place fronds in a glass container such as a large Mason jar and pour vodka over to submerge. If fronds float above the surface, use a shot glass or small dish to keep the weighted down below the level of spirits. Keep in a cool, dark location for 48 hours before straining off fronds through a coarse and then fine strainer before returning into original bottle.*

## FENNEL BROTH

1 bunch Fennel Fronds

Spring Onions, off cuts and trimmings

Fennel Bulb, off cuts and trimmings

1 x 1inch Lemon Peel, pith removed

1 Tablespoon Coriander Seeds

1 teaspoon Fennel Seeds

1 teaspoon White Peppercorns

1 teaspoon Salt

4 quarts Water

*Bring all ingredients to a gentle simmer. Cook for 20 -30 minutes before straining off and cooling to room temperature. Keep refrigerated for up to a week or freeze.*

## **FENNEL CREAM**

1 medium Fennel Bulb, trimmed, about 6 ounces

2 ounces Spring Onions, white parts only, about 2 or 3 small

1 Tablespoon Butter

1 Cup Heavy Cream

*Place butter in a small saucepan over medium heat and when butter melts and bubbling subside add onion and fennel. Cook gently and stir occasionally until softened, about 6 minutes- make sure there is very little or no browning occurring as this will reduce the bright white finish of the sauce. When vegetables are soft pour in the cream and bring back to a simmer. Reduce heat to medium-low and let cream reduce by half, about 15 minutes. Remove from heat and use an immersion blender to puree, then check for seasoning and add salt to taste. Cool to room temperature before storing under refrigeration up to a week.*

## **SEAFOOD & FENNEL “FARROTTO”**

2 Tablespoons Butter

4 Tablespoons Blended Oil, divided

3 medium Salad Onions, white & pale green parts only, sliced

1 large Fennel Bulb, trimmed & sliced

12 + ounces firm fleshed fish, such as Salmon, Snapper or Mahi

1 pound Shrimp, peeled & deveined

2 Tablespoons Herb Blend, such as Italian Seasoning

1 Cup Farro

¼ Cup Fennel Liquor

6 Cups Fennel Broth

¼ Cup Fennel Cream

¼ Cup ground Parmesan Cheese

*Heat a skillet over medium and add butter and 2 Tablespoons of oil. When bubbling ceases, add sliced onions and fennel and stir to coat evenly.*

*Cook over medium heat for about 6 minutes before increasing the heat to medium-high and adding seafood and seasoning.*

*Stir well so that all the seafood is quickly seared and before any seasoning begins to stick too much onto the skillet. Remove seafood and vegetables carefully and set aside. Add remaining 2 Tablespoons of oil to the pan and pour in faro.*

*Stir constantly so that the grains are well coated with oil and they begin to fry, about 2 or 3 minutes. Before any residual vegetable or seasoning scorches, pour in fennel liquor, scrape up any flavoring stuck at the bottom and then reduce heat to medium.*

*Begin adding fennel broth 1 Cup at a time allowing each addition to reduce almost until dry before adding more.*

*After about 35 minutes and approximately 6 Cups broth, the faro should be well cooked with just a little texture.*

*At this time add seafood back in and gently stir in fennel cream until all ingredients are heated through evenly.*

*Divide into 4 wide bowls and garnish with cheese and a sprig of fennel frond.*