



Thomas Keller Style Glazed and Braised Fennel Bulb

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



52 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 clove garlic minced peeled
- ☐ 1 pinch kosher salt
- ☐ 2 teaspoon olive oil
- ☐ 0.3 teaspoon freshly cracked pepper black
- ☐ 2 teaspoon sugar
- ☐ 1 tablespoon butter unsalted

- ☐ 1 cup water or as needed
- ☐ 0.5 teaspoon citrus champagne vinegar

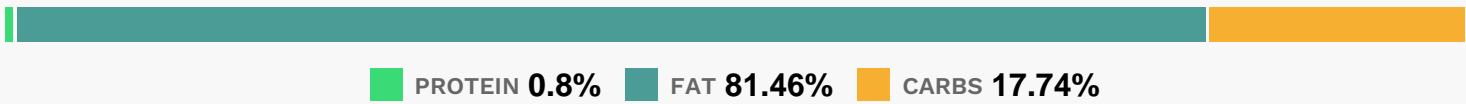
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Choose a saucepan just large enough to loosely hold all the fennel in a single layer. Don't add the fennel yet, instead heat the olive oil over medium high heat.
- ☐ Add the garlic and saute until fragrant, about 1 minute.
- ☐ Place the fennel pieces cut side down in the pan in a loose single layer. Cook until just beginning to color then turn each piece over.
- ☐ Add just enough water to cover them about halfway.
- ☐ Add butter, sugar, pepper flakes & a pinch of salt. Bring the water to a boil, then lower the heat to very low. Simmer about 15 minutes until the fennel is tender and the sauce has been reduced to a syrupy glaze, then add vinegar. If the vegetables seem done before the glaze is achieved gently remove them to a plate using a slotted spoon, then return them to the pan to gently reheat once the liquid has reduced to the desired consistency. Season the vegetables with the black pepper and spoon the glaze over them to coat thoroughly.
- ☐ Garnish with some of the reserved fronds.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:33.02, Glycemic Load:1.48, Inflammation Score:-1, Nutrition Score:0.59956521233139%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 52.38kcal (2.62%), Fat: 4.87g (7.49%), Saturated Fat: 2.08g (13%), Carbohydrates: 2.39g (0.8%), Net Carbohydrates: 2.3g (0.83%), Sugar: 2.02g (2.24%), Cholesterol: 7.53mg (2.51%), Sodium: 15.34mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.22%), Vitamin E: 0.42mg (2.79%), Vitamin A: 125.28IU (2.51%), Vitamin K: 1.8µg (1.71%), Manganese: 0.03mg (1.56%)