



BENEFITS

Because it adds a burst of flavour to your dishes!

On top of its nutritional qualities, fennel is extra crunchy when raw and has an almost creamy texture when cooked. Its unique flavour is reminiscent of anise, often leading people to confuse them. That's because both anise and fennel contain anethole.

Because it's good from the bottom to the top!

Everything about fennel is edible and delicious: from its leaves to its bulbs, to its stalks and seeds.



WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



FENNEL, MELON AND FETA SALAD

Portions: 6  15 min

Ingredients

- 250 ml (1 cup) red onion, thinly sliced
- 60 ml (1/4 cup) lime juice
- 1 L (4 cups) fennel bulbs, thinly sliced
- 375 ml (1 1/2 cup) cantaloupe, diced
- 375 ml (1 1/2 cup) honeydew melon, diced
- 375 ml (1 1/2 cup) watermelon, diced
- 250 ml (1 cup) feta, coarsely crumbled
- 5 ml (1 tsp) fennel seeds, crushed (optional)
- Pepper to taste

Directions

1. Place the red onion slices in a large bowl, sprinkle with the lime juice and let soften for at least 5 min.
2. Add the remaining ingredients and season generously with pepper.
3. Mix and serve

Source: dairygoodness.ca/recipes



Tip!

Fennel can be used like celery. You can eat its stalks raw in salads or braised. If they are too fibrous, use them to flavour your stocks. Fennel is a good match with fish.



SALMON WITH OLIVE-FENNEL COMPOTE AND CHEDDAR

Portions: 4  20 min  30 min

Ingredients

- 15 ml (1 tbsp) butter
- 1 onion, thinly sliced
- 750 ml (3 cups) fennel, thinly sliced
- 125 ml (1/2 cup) white wine
- 75 ml (1/3 cup) Kalamata olives, pitted
- 4 salmon filets from sustainable fisheries (150 g each)
- 5 ml (1 tsp) Italian herbs
- 125 ml (1/2 cup) Canadian cheddar, grated
- 30 ml (2 tbsp) fennel fronds, chopped
- Salt and pepper

Directions

1. Preheat the oven to 220°C (425°F).
2. In a saucepan, melt the butter on medium heat and cook the onion and fennel for 5 minutes.
3. Add the wine, bring to a boil and cook covered for 10 minutes. Mix in the olives and season with pepper. Set aside and keep warm.
4. Meanwhile, place the salmon filets on a parchment-lined baking sheet. Season with Italian herbs, salt and pepper. Cook in the oven for 10 minutes. Top with cheese and cook for 5 more minutes or until desired doneness.
5. Serve the salmon on top of the olive-fennel compote, garnished with fennel fronds.

Source: dairygoodness.ca/recipes

