

Fennel Broth

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Because fennel has such strong aromatics, it is great to make vegetable broth with! Broth is so versatile and used in many dishes. Broth can be used in soups, rice dishes, pastas, sauces, or drank on its own. Fennel adds a mild licorice taste to enhance any dish and many people who don't like licorice still enjoy fennel. While fennel is ideal to make broth with, it can be used in a variety of ways and dishes, so **some other ways to eat fennel will be included below.**



While other vegetables feature in this veggie broth, fennel will be the star of the show because of its strong aromatics.

Ingredients

- 1 fennel (included in this week's CSA)
- 4 celery sticks
- 1 carrot
- 1 white or yellow onion
- 1-2 bulbs of garlic
- ~5 Bay leaves
- Salt & pepper to taste

Instructions

1. Remove the feather-like leaves along with the stems from the bulb of the fennel. The leaves and stems will be used for the broth. (Save the bulb for later! – It can be added to many dishes!)



2. Roughly chop the fennel leaves and stems, carrot, and onion.
3. Peel the garlic cloves and crush them.
4. Add all the ingredients snugly into a pot and add just enough water to cover them.
5. Low boil for ~2 hours.
6. After the broth is done (when it reaches desired strength), either strain the broth into a separate container, or carefully remove all the veggies and bay leaves from the pot.

Use your broth however you like. I made soup with mine that included the fennel bulb, 1 large potato, 1 large carrot, 1 yellow squash, and a can of diced tomatoes.

How to cut the fennel bulb:



- Slice the fennel bulb in half as shown in the picture and remove and discard the core from each half. You can cut the remainder of the bulb however you like according to what dish you add it to.

Some other ways to eat fennel:

- Remove just the feather-like leaves from the fennel and use them as a fresh herb to flavor and top dishes. You could also dry them out to use over time.
- Use the stems and bulb (without the core) in any dish such as soups, stir-fries, rice dishes, salads, etc. I added some slices of the bulb to a salad and it was delicious!

Side note: fennel can be eaten raw or cooked, and can be used anywhere you might use celery and/or onion.