

Fennel Orange Muffins Angele Theriault, Harmony Valley Farm member

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| 1 medium seedless orange, peeled | 2 cups grated fennel bulbs |
| 2 eggs | 2 1/4 cups flour |
| 1/2 cup vegetable oil | 1 1/2 teaspoons baking powder |
| 3/4 cup brown sugar | 1/2 teaspoon salt |
| 1 teaspoon vanilla | |

Heat oven to 350 degrees. Oil muffin cups. Puree orange in blender, then combine with eggs, oil, sugar, vanilla, and fennel in a bowl. Sift flour, baking powder, and salt, then gently fold into wet ingredients. Do not overmix. Spoon into muffin cups; bake 20-25 minutes until golden brown. Makes 8-12 muffins.

Fresh Fennel Bulb Salad Jenny Bonde and Rink DeVee, Shooting Star Farm

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| 1 large or 2 small fennel bulbs | 2 tablespoons frozen orange juice concentrate, |
| 2 tablespoons white wine or red wine vinegar | partially thawed |
| 1 teaspoon Dijon mustard | 2 tablespoons extra-virgin olive oil |
| salt and pepper | |

Remove fronds from the fennel bulb(s). Cut away the root and slice fennel into very thin pieces (it can also be grated). Make dressing by combining vinegar, mustard, 1/4 teaspoon salt, and orange juice concentrate in a bowl. Gradually whisk in olive oil. Pour over fennel and allow to marinate at room temperature 20 minutes or longer. Season to taste with pepper and additional salt. Makes 3-4 side-dish servings.

Grilled (or Griddled) Fennel and Onions with Parmesan MACSAC

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| 1/2 large sweet onion (do not cut off root end) | 2 fennel bulbs (stalks removed), about |
| 2 tablespoons olive oil | 1 pound total |
| salt and freshly ground black pepper | 1/4 cup freshly grated Parmesan |

Heat large cast-iron griddle (flat side down, ridged side up) on stove top over medium flame, or prepare outdoor grill for medium heat. Place flat surface of onion half on cutting board and cut into slices that are 1/3-inch thick, leaving some of the root end intact on each slice. Brush both sides of onions lightly with olive oil and sprinkle generously with salt and pepper. Grill onions on both sides until tender and lightly charred, 3-5 minutes per side. Meanwhile, slice whole fennel bulbs lengthwise in the same manner as onions. Steam them over boiling water 8-10 minutes; drain well. Brush lightly with olive oil and season with salt and pepper. Grill on both sides until tender and lightly charred, 6-8 minutes per side. Arrange onions and fennel on a colorful platter; scatter Parmesan over the top. This is delicious with grilled fish or lamb, or as a side dish with Italian tomato-based pasta dishes. Makes 6 servings.

Fennel Egg Salad MACSAC

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| 6 large eggs (not too fresh! they will be difficult to peel if very fresh) | 4 tablespoons mayonnaise |
| 1/3 cup finely chopped fennel stalk | 1 1/2 tablespoons white wine vinegar |
| 2-3 tablespoons chopped fennel leaves | 2 teaspoons Dijon mustard |
| 2-4 tablespoons finely chopped sweet red onion | salt and pepper to taste |

Place eggs in saucepan and cover with cold water. Bring to boil. Turn off heat. Cover pan tightly and set timer for 9 minutes. When timer goes off, drain eggs and immerse them in ice water 10-15 minutes. Peel and quarter eggs; place in food processor and, using the pulse button, pulse until finely chopped, 8-12 times. Add remaining ingredients; pulse until ingredients are well blended, 3-6 more times. Use as a sandwich filling, a spread for crackers, a cold sauce for chilled asparagus, or a garnish for tossed green salads. Makes 2 cups.