Lemon-Braised Fennel with Green Olives

2 side portions · Active 15 min · Total 45 min

Skills: Confident beginner

Ingredients

- 1 large fennel bulb, trimmed and cut into 8 slim root-to-top wedges (300 g prepared weight)
- 1 tablespoon olive oil (15 ml)
- 1 garlic clove, finely sliced (3 g)
- 1/2 cup low-sodium vegetable stock (120 ml)
- 1/8 teaspoon fine salt (0.75 g)
- 1/4 teaspoon black pepper (0.5 g)
- 1/4 cup pitted green olives, sliced (35 g)
- 1 tablespoon lemon juice (15 ml)
- 1/2 teaspoon finely grated lemon zest (1 g)

Set out

10-inch (25 cm) skillet with lid, Thin spatula, Knife and board, Fine grater

Allergens

Check stock for celery and other allergens. Check labels and substitutions.

Make it

1. Heat oil in the skillet over medium heat. Lay fennel on one cut face and cook for 4–5 minutes until lightly golden. Turn carefully and brown another cut face for 3–4 minutes. Reduce the heat if edges darken quickly.

2. Stir the garlic into a clear area for 30 seconds. Add stock, salt and pepper. Bring to a gentle simmer, cover and cook on low for 12–18 minutes until a knife passes easily through the thickest fennel. Add hot water by the tablespoon if needed.

3. Add olives and simmer uncovered for 2–3 minutes until only a little cooking juice remains. Remove from the heat, add lemon juice and zest and turn the wedges gently through the juices.

4. Divide between two plates as a side, spooning over the olives and remaining pan juices. Serve promptly.

Time a side around the main meal

The covered braise occupies the burner for a while. Pair it with a main you can prepare safely on a separate approved appliance or serve cold, rather than balancing another hot pan in a narrow space.

A useful detail

Fennel should be tender before reducing the cooking liquid. Browning a hard center more deeply is not a substitute for the covered softening stage.

Keep it well

Refrigerate promptly in a shallow container within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 3 days. Reheat covered with a spoonful of water to 165°F/74°C. Keep opened olives according to their package instructions.