Fennel bulb and seed mash

Recipe by V-ZUG Ltd.



Preparation	
Cooking time	
Portions	4

Preparation

450 g potatoes, mealy

150 g fennel

Peel and quarter the potatoes and put into the plastic perforated cooking tray with the fennel.

Place the cooking tray on the hardened glass dish in the cold cooking space. Steam.

PowerDämpfen 100 °C for 16 Mins

1 tbsp olive oil

100 g crème fraîche

100 ml milk

1 tbsp fennel seeds

Pepper

Salt

Grind the fennel seeds using a mortar and pestle.

Finely dice the steamed fennel. Transfer the steamed potatoes to a bowl. Mash with a potato masher and mix in the fennel and all the other ingredients. Season with salt and pepper.

Accessories

Hardened glass dish

Plastic perforated cooking tray ⅓ GN, depth 52 mm

Additional information

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