



# Roasted fennel

מתכון מאת V-ZUG Ltd.



Preparation	20 Mins
Cooking	15 Mins
time	
מנות	4
התקן	CombiSteamer V4000 45 from 2021

fennel salad with grapefruit and hazelnuts

## Fennel

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3 fennel bulbs  
2 tbsp rapeseed oil  
Some salt

## Dressing

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2 pink grapefruit  
2 tbsp apple cider vinegar  
1 tbsp runny honey  
3 tbsp rapeseed oil  
4 tbsp hazelnut oil  
4 sprigs of tarragon, chopped  
Some salt  
Some pepper

## Serving

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80 g hazelnuts, roasted, chopped  
herbs for garnishing (e.g.  
tarragon, fennel herb,  
oregano, parsley)





## Fennel

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Preheat the cooking space to 230 °C using the hot air with steaming mode.

Trim the fennel and cut into about 2 cm thick wedges. Mix in a bowl with the rapeseed oil and salt, then spread out on a lined baking tray.

Roast the fennel in the middle shelf position for 15 minutes.

## Dressing

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Segment the grapefruit, collecting the juice. Put the grapefruit segments to one side.

Mix the grapefruit juice with the other ingredients and season with salt and pepper to taste.

## Serving

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Toss the hot fennel in the dressing and then allow to cool down a little.

Arrange the fennel, garnishing with the grapefruit segments, hazelnuts and herbs.

## Cooking steps

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**(Pre-)heat cooking space to 230 °C with Hot air + steaming**

**Preheating finished. Put the food in.**

**Hot air + steaming 230 °C for 15 Mins**

## אביזרים

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Baking tray

