Roasted fennel

מתכון מאת V-ZUG Ltd.



Preparation	20 Mins
Cooking time	15 Mins
מנות	4
התקן	CombairSteamer V2000 from 2021

fennel salad with grapefruit and hazelnuts

Fennel

3 fennel bulbs

2 tbsp rapeseed oil

Some salt

Dressing

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

80 g hazelnuts, roasted, chopped

herbs for garnishing (e.g. tarragon, fennel herb, oregano, parsley)

Fennel

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

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

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

(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

Baking tray

מידע נוסף

הופק ביום	26.01.2022