



FENNEL GRATIN

One Fennel Bulb

1. Clean off Tops. Remove the oxidized Bottom sparingly
2. Slice into 8 to 10 wedges (like an apple)
3. Lay out in Roasting Pan

Prepare Aparay:

3 Cups Heavy Cream

½ Cup Water

1 Tablespoon Chopped Garlic

1 ½ Cups Parmesan Cheese (plus some extra – hold off to the side)

1 Teaspoon Black Pepper (course)

½ Teaspoon Sea Salt

Mix above ingredients and taste Aparay. (It should be flavorful)

Pour over Fennel. Top with sprinkle of parmesan cheese. Cover and braise at 350° F until tender remove foil and bake until browned.

NOTE: Joe LaNoce Say's DO NOT be afraid of cheese.