

Stewed fennel and onions and tomatoes

This can easily be halved if your needs be.

½ C extra virgin olive oil

1 medium onion, sliced into ¼" half moons

2 bulbs fennel, stalks trimmed of fronds*, bulbs cut into 1" pieces

1 large tomato, peeled, seeded and cut into 1" cubes

1 T honey

2 oz water

1 T fennel seeds

salt and pepper

Fennel fronds for garnish

Heat the oil in a stainless steel 4-quart saucepan. When just wavy across the top, carefully add the onions and fennel seeds. Cook until you smell the aroma from the fennel seeds and add the fennel. When the edges start to brown just a bit, add the tomatoes, honey, and water. Bring to a boil, reduce to a simmer and cook 15 minutes or until the fennel is tender. Adjust the seasoning.

* The first few inches of the stalks are good for a dish such as this. The stalks have good flavor for stocks or small diced and sautéed in other dishes. They tend to get stringy tough at the tops. Add the tough parts to stocks.