



# BAKED FENNEL



## QimiQ BENEFITS

- Acid, heat and alcohol stable
- Smooth and creamy consistency in seconds



15



easy

## INGREDIENTS FOR 4 PORTIONS

**4** Fennel head(s) 300 g each

**500 ml** Clear vegetable stock

Salt

## FOR THE SAUCE

**250 g** QimiQ Cream Base

**1** Egg(s)

**4** Tomato(es), diced

**4 tbsp** Flat-leaf parsley, finely chopped

**125 g** Cream cheese

**80 g** Parmesan, grated

Salt and pepper

Ground nutmeg

Butter, for the baking tin

Bread crumbs, for the baking tin

## METHOD

1. Pre-heat the oven to 220° C (top-heat).
2. Slice the fennel lengthwise into strips and cook in the stock for approx. 5 minutes. Drain well and place into a greased oven-proof dish.
3. For the sauce, mix the QimiQ Sauce Base, egg, tomato, parsley, cream cheese and half of the Parmesan together. Season with salt, pepper and nutmeg.
4. Pour the sauce over the fennel and sprinkle with the remaining parmesan. Place in the hot oven and bake for approx. 15 minutes, or until golden brown (add the grill if required).