



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 Sauce Base

1 Egg(s)

4 Tomato(es), diced

4 tbsp Parsley, finely chopped

125 g Cream cheese

80 g Parmesan, grated

Salt and pepper

Nutmeg

Butter, for the baking tin

Bread crumbs, for the baking tin

METHOD

1. Pre-heat the oven to 440° F (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).