

## BRAISED FENNEL

SERVES 4

Active time: 15 min Start to finish: 25 min

- 2 fennel bulbs (sometimes called anise; 10 to 12 oz each) with fronds

- 1½ tablespoons extra-virgin olive oil
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- ½ cup reduced-sodium chicken broth
- ¼ cup water

► Cut off and discard stalks from fennel bulbs, reserving fronds. Chop 1 tablespoon fronds and discard remainder. Cut bulbs lengthwise into ½-inch-thick slices, leaving core intact.

► Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown fennel slices well, turning over once, 3 to 4 minutes total.

► Reduce heat to low. Sprinkle fennel with salt and pepper, then add broth and water. Cook, covered, until fennel is tender, 10 to 12 minutes. Sprinkle with fennel fronds.