
Pickled Fennel

INGREDIENTS

2 bulbs of fennel
300ml white vinegar
300ml caster sugar
150ml water
2 bay leaves
1/3 cinnamon quill
5 peppercorns
1 star anise

MEAL IDEAS:

Cucumber, radish, tomato & pickled fennel salad
Salami, garlic aioli, pickled fennel & rocket sandwich
Sous-vide chicken breast, miso eggplant & pickled fennel
Lightly-torched ocean trout, chilli sauce, pickled fennel & shiso leaf

METHOD

- Place all ingredients (except for fennel) into a pot
- Bring the pot to a simmer and reduce until 1/3 of liquid has evaporated
- Cut fennel into 2mm-sized slices
- Once liquid has reduced, pour pickling liquid over fennel
- Cool and then it's ready to eat