



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## RECIPE

Hero Vegetable: Fennel

### Fennel Veracruz Style

**Ingredients:**

3 large fennel bulbs, peeled and cut into thick 1 inch wedges  
¼ cup olive oil, divided  
¼ cup capers, drained  
1 green olives, sliced  
4 cloves garlic, sliced  
1 24 oz canned San Marzano or Campari tomatoes with juice, roughly chopped  
1 medium onion, sliced thin  
Salt and pepper to taste  
1 pinch red pepper flakes  
1 Tbs parsley, chopped  
1 cup water or stock  
½ cup dry white wine

**Directions:**

In a dutch oven or heavy bottomed pot, heat 2 tablespoons olive oil over medium high heat. Add onions. Sauté for about 5 minutes or until it begins to get a slight caramelized color. Turn the heat to medium and cook for another 10 to 15 minutes. The idea is to slow cook the onions and fennel to bring out the most flavor. Sprinkle with salt and pepper. Add garlic and sauté for another minute. Pour in the dry white wine scraping up the brown bits stuck to the bottom of the pot with a plastic spatula. Add the remaining ingredients except water. Simmer for 20 minutes stirring occasionally.

Preheat oven to 350F. While the Veracruz sauce is simmering, place the fennel bulb wedges in a bowl. Toss with remaining olive oil. Transfer the fennel to a sheet tray lined with parchment paper. Sprinkle with salt and pepper. Roast in the oven for 15- 20 minutes. The fennel should be tender, slightly charred around the edges but be a white and gold caramel color for the most part. Remove from the oven and transfer to a serving dish. Top with Veracruz sauce. Enjoy!