



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## RECIPE

### Hero Vegetable: Fennel

#### Roasted Fennel and Carrot Soup

**Ingredients:**

2 medium fennel bulbs with fronds  
1 pound carrots, quartered lengthwise  
1 medium onion, quartered  
1 garlic clove  
5 tablespoons extra-virgin olive oil, divided  
1/2 teaspoon sugar  
2 1/2 cups reduced-sodium chicken broth  
2 1/2 cups water  
1 teaspoon fennel seeds  
Salt and pepper  
Equipment: an electric coffee/spice grinder

**Directions:**

Preheat oven to 350° F.

Cut the stalks away from the bulbs. Chop enough fennel fronds to measure 1 tablespoon and reserve. Discard the remaining stalks and fronds.

Slice fennel bulbs into thin slices. In a large bowl toss the sliced fennel, carrots, onion, garlic with 3 tablespoons oil, sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Spread the fennel mixture onto a sheet tray and roast until browned and tender, about 25 to 30 minutes.

Transfer the roasted fennel mixture to a medium sized pot. Turn heat to medium high. Add water. Blend with a submersion blender until smooth. Thin to desired consistency with extra water and simmer 2 minutes. Season with salt and pepper to taste.

Meanwhile, finely grind fennel seeds in grinder and blend with remaining 2 tablespoons oil. Serve soup drizzled with fennel oil and sprinkled with reserved fronds.

\*If you don't have a spice grinder, lightly toast the fennel seeds in a small dry sauté pan on low heat, giving the pan a light shake every 10 seconds or so. When you smell the fragrance coming from the seeds, they are toasted. This will only take about a minute or so. At this point pour in the remaining 2 tablespoons oil. Turn off the heat and let sit until the oil has cooled. Taste it, if you think it's too strong, add another tablespoon of olive oil.