



## FENNEL AND POTATO BAKE

Ingredients 2 kilos potatoes / ~~2 large fennel~~ / 2 garlic cloves/1 cup of tasty cheese  
 1/2 nutmeg freshly grated / 3 bay leaves/ 3 sprigs of Rosemary 400 ml of cream / 300 ml of  
 milk/ 2 medium fennel/ sea salt / pepper / 2 tablespoons of olive oil/ 3 tablespoons of  
 butter/ 1 teaspoon of fennel seeds /3 teaspoons of brown sugar

### Method

Peel your potatoes and then slice them thinly

Take a medium size saucepan and put in your crushed garlic ,milk, cream, bay leaves,and  
 Rosemary . Place over a high heat and watch constantly as this sauce will boil over in a  
 second. Once it has come to the boil ask an adult to remove the saucepan from the  
 heat.Add the nutmeg salt and pepper to the milk mix .

Remove the outer layer of the fennel and the fronds.Finely slice the fennel into 1/4 inch  
 slices and set aside. Place 1 tablespoon of olive oil and butter in a fry pan place a small  
 amount of fennel at a time you do not want to steam the fennel but fry it . Cook for about 2  
 minutes each side until cooked. Repeat with remaining butter oil and fennel ,once all fennel  
 is cooked add sugar salt and pepper to the pan and add all of the fennel ,cook for 3 minutes  
 to caramelise . Remove from pan and place fennel in a well greased oven dish then place a  
 layer of the potatoes followed by a layer of the fennel  
 and pour on the sauce.Sprinkle the cheese over the top and bake for 50 minutes or until  
 potatoes and fennel are cooked through . Enjoy