



Fennel and Parmesan Salad

Fennel, also known as finocchio is a favourite in the Mediterranean and is a versatile vegetable which can be used in Salads, Soups, Lasagne and also combines well with Veal. It's very distinctive Aniseed flavour give a very refreshing zing to all dishes.

Serves 4

Ingredients

1 head fennel
1 Mignonette lettuce
1 small bunch rocket leaves
1 small wedge parmagiano reggiano cheese (say 100g)

Dressing

Olive oil (ratio 2/3 Oil to 1/3 Vinegar)
White Balsamic vinegar
Juice of 1 lemon

Method

Wash the fennel, taking off all the woody parts and cut in half lengthways. Using a V-slicer or Mandolin, thick julienne.

Wash the lettuce, remove outer leaves and slice into thin strips.

Wash the rocket leaves and drain.

Using a vegetable peeler or cheese slicer take off thin curls of parmesan.

Put the fennel and lettuce into large bowl, top with rocket leaves and then scatter the parmesan curls over the top.

Drizzle the dressing over the salad.

Serve the salad with any meat or seafood main course.

Some of these recipes have been presented by Pip on 'Vasili's Garden' lifestyle television program on Melbourne's Channel 31. Pip appears courtesy of Pip's Cooking School.

For more fresh food cooking recipes visit www.pipscookingschool.com.au