



# Fennel – Redcurrant – Saffron

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## To prepare the braised fennel

Sauté the fennel in olive oil, season, then add the shallots and garlic. Pour in the alcohol and leave to reduce. Add the lemon and herbs. Top up with the stock and braise in the oven at 170 °C for 1 hour. Cut into slices before serving and sprinkle with fleur de sel.

## To prepare the saffron jus

Roughly chop the shallots and sauté along with the garlic in a little olive oil, pour in the alcohol and leave to reduce. Add the stock, dashi, soy sauce and white peppercorns, reduce everything to approx. 200 ml, then pass through a fine sieve. Season to taste with a little salt, saffron and lemon zest.

## Rezept für 4

### Ingredients for the braised fennel

200 g fennel  
60 g olive oil  
10 g herbs of choice  
3 g garlic  
50 g shallots  
100 ml Noilly Prat  
50 ml Pernod  
1 lemon  
300 ml vegetable stock  
salt  
pepper

### Ingredients for the saffron jus

20 g olive oil  
200 g shallots  
5 g garlic  
5 white peppercorns  
350 ml dark vegetable stock  
100 ml white wine  
200 ml Noilly Prat  
50 ml Pernod  
200 ml white port wine  
100 ml cognac  
100 ml mushroom dashi  
50 g white soy sauce  
lemon zest  
saffron  
salt

**Ingredients for dressing**

hazelnut & redcurrant

vinaigrette

pickled fennel

fennel cress