

?F? in our ?Vegetarian Alphabet? gig was going to be based on foraged Fennel heads. But we discovered that we had everything we needed in for home brewed Falafel as well. So two ?F?s? in one?..

Fennel Pesto

Ingredients:-

100g Rosecoco Beans
100g Fennel Tops, Stems and fronds
1 tbsp Spirit Vinegar
2 Cloves of Garlic
1 tsp Salt
50g of Grated mature Cheddar Cheese
Oil

Method:-

(1) Soak the beans over night.
(2) Drain, add fresh salted water and simmer for 10 minutes.
(3) Drain again and add to an oven tray with Oil and a sprinkling of Salt.
(4) Roast at 180c until they pop.
(5) Set aside to cool.
(6) Wuzz everything up in a food processor adding enough Oil to make a stiff paste.
(7) Add extra Salt and Vinegar to taste.

Fennel Vinaigrette Dressing

Ingredients:-

Fennel Fronds
Parsley, chopped
2 Cloves of Garlic, minced
A pinch of Sugar
Mustard Powder
A Pinch of crumbled Black Lime
Oil
Spirit Vinegar

Method:-

(1) Gently heat the Oil and all ingredients apart from the Vinegar until the Sugar dissolves.
(2) Allow to cool.
(3) Add to a bottle with the Vinegar.
(4) Shake well.

Falafel

Ingredients:-

200g Rosecoco Beans
1 Onion, roughly chopped
1 Leek top from the white upwards, finely chopped
Parsley
3 Cloves of Garlic
1 ½ tbsp Gram Flour
Salt & Pepper to taste
2 tsp Cumin
1 tsp Ground Coriander

¼ tsp Cayenne Pepper
A pinch of ground Cardamom
A pinch of Turmeric

Method:-

(1) Soak the beans for 5 hours.
(2) Drain, add fresh salted water and simmer for 15 minutes.
(3) Drain again and add to an oven tray with Oil and a sprinkling of Salt.
(4) Roast at 180c until they pop.
(5) Set aside to cool.
(6) Mix all the other ingredient in a bowl.
(7) Once the Beans have cooled add everything to a blender and wuzz. You?re looking for a smoothish consistency with a few larger bits of beans still visible.
(8) Cover and place in the fridge for 2 hours to harden up.
(9) Form into small balls and deep fry until they are golden brown.
(10) Drain on kitchen paper.

We added the remaining Fennel to chopped Kale with a little minced Garlic and flash fried in a Wok to make a base for the meal. As an additional side we made a salad with Red Cabbage, Fennel stems, Onion and sliced Tomato ? Which we drizzled with the Vinaigrette.