

## Week 4 – Cooking

- **Cooking - Fennel gratin**

<https://www.bbcgoodfood.com/recipes/fennel-gratin>

### Ingredients

- 4 large fennel bulbs
- pinch grated nutmeg
- 1 garlic clove - crushed
- 200ml double cream
- 50g parmesan (or vegetarian alternative)

### Method

- Heat oven to 200C/fan 180C/gas 6 and put a pan of salted water on to boil. Trim the fennel tops, then cut into wedges. Boil for 5-6 mins, then drain well. Arrange in an ovenproof dish, season and sprinkle with nutmeg. Stir the garlic into the cream and pour over the fennel. Top with the Parmesan, then bake for 20 mins until golden.