



LEVEL: MEDIUM

SERVES 4

LAMB AND FENNEL PATTIES

Fennel's aniseed taste is a familiar characteristic of many Mediterranean dishes. The root vegetable can be delicate or sharp, depending on how it is prepared, and roasting brings out its deeply sweet, earthy notes. Paired with lamb in this dish, fennel becomes a crucial aromatic flavor component while also providing contrasting color to the burnished meat.

INGREDIENTS

For the patties

- 2 fennel bulbs
- 1 lb. (500g) minced lamb
- 2 garlic cloves, minced
- 4 tbsp. finely chopped fresh parsley
- ½ tsp. grated lemon zest
- 1 tsp. salt
- ½ tsp. freshly ground black pepper

For the roasted fennel

- 4 fennel bulbs, sliced lengthwise into six wedges
- 2 cups (500 ml) chicken stock (page 289)
- 3 tbsp. extra virgin olive oil
- ½ tsp. coarse salt
- ½ tsp. freshly ground black pepper

DIRECTIONS

Remove the stalks from the two fennel bulbs and chop the bulbs finely, preferably in a food processor. Put the chopped fennel in a bowl, add the rest of the patty ingredients, and mix well until texture is somewhat sticky. Refrigerate for 1 hour. Preheat oven to 390°F (200°C). Roll the mixture into 12 patties. Arrange in a roasting pan, placing the fennel wedges between them. Pour chicken stock over the patties and fennel, drizzle them with olive oil, and sprinkle with salt and pepper. Roast for approx. 35 minutes, or until the fennel wedges are soft, then serve.