

AVOCADO MOUSSE WITH FENNEL AND PLUM TOMATO



INGREDIENTS

- Avocado 2 numbers
- Cream cheese 100 gm
- Olive oil 50 ml
- Lemon juice 5 ml
- Black pepper 2 gm
- Salt 2 gm
- Fennel 30 gm
- Plum tomato 50 gm
- Asparagus 30 gm
- Arugula lettuce 20 gm

METHOD:

Clean, wash and peel the avocado and make a mousse with olive oil, lemon juice, seasoning and cream cheese.

Peel and trim the asparagus and blanch them in boiling salted water. Thinly slice the fennel bulbs and keep it in ice cold water.

Serve the salad as shown in the picture and garnish it with fennel leaves.

(Recipe courtesy: Praveen Shetty, Executive Chef, Conrad Bengaluru)



Apple and fennel salad with walnuts and greens



Prawn Thokku with fennel

Hyderabad exotic bread bakarkhani. Many kinds of western breads are baked with the topping of fennel seeds.

Fennel has a very strong flavor and is similar to anise. The herb fennel goes very well in salad and seafood or even in making soups. "Since fennel has strong flavor the overdose of fennel can make the dish bitter. So be extra careful when you add it," says Praveen Shetty, Executive Chef, Conrad Bengaluru.

A rich source of polyphenol

antioxidants, fennel is a potent anti-inflammatory agent which can lower risks of many chronic diseases including heart diseases, obesity and cancer. Apart from its culinary purposes, fennel is also a home remedy for digestive problems. Since fennel has very good herbal value which includes digestion and gastric issues it is used to make fennel scented tea.

Apart from enhancing taste in food fennel plays a pivotal role in bringing up the medicinal value of food. It balances the heat of the spices and meat in the food. Fennel curtails the bad mouth smell after meal hence it is also used as a mouth freshener. Hot fennel water is very good for sleep and according to Ayurveda fennel cures toothache and asthma.

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