

Italian Fennel with Braised Cannellini Beans



Chef Joy Jones

Made for you by Madeleine

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Serves 4

Italian Fennel with Braised Cannellini Beans

1 small	onion, finely sliced	4-6 cups	water or stock
2 medium	fennel bulbs, finely sliced		Black pepper to taste

4 tbsp olive oil

2 cloves garlic, chopped

2 tbsp fresh dill, chopped

2 cups Swiss chard, finely chopped and packed

4 cups canned white cannellini beans

Garnish

4 eggs, hard boiled

½ cup raw walnuts

2 tbsp olive oil

1 cup parsley leaves, packed



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1. In a large skillet, heat olive oil over medium heat. Add onion and fennel and sauté.
2. Add garlic and dill, and gently cook for 5 minutes.
3. Add Swiss chard, beans and 4 - 6 cups of water or stock, just enough to cover the stew, adding more as required. Simmer for approximately 20 minutes or until beans are tender.
4. Add black pepper to taste.
5. In a bowl, chop each egg into 6 to 8 pieces.
6. Using a food processor, grind walnuts with olive oil and parsley to make pesto.
7. Spoon stew evenly into 4 bowls. Stir in a spoonful of pesto. Top with chopped egg.

Note: Stew can be prepared up to 2 days in advance, refrigerated and reheated. Garnish can be prepared 1 day in advance and refrigerated in an airtight container.