



Cavolo nero brasate con semi di finocchio
Braised cavolo nero with fennel seeds

For 6

2 kg (4 1/2 lb) cavolo nero
Maldon salt and freshly ground black pepper
extra virgin olive oil
4 garlic cloves, peeled and thinly sliced
20 fennel seeds, crushed

To prepare the cavolo nero, hold the stalk firmly in one hand and strip away the leaves from the stems with the other. Briefly blanch the cavolo leaves in plenty of boiling salted water until they are marginally undercooked, about 5 minutes. They should be a brilliant green colour. Drain well and lay out to dry.

Heat enough oil to cover the base of a large saucepan. Add the garlic and gently fry. When it begins to colour, add the crushed fennel seeds and fry for a minute more before adding the cavolo nero. Stir-fry for 5 minutes to allow the cavolo to absorb the flavours. Season well and serve.