

FENNEL CONFIT WITH AROMATIC VEGETABLES, PARSLEY-HAZELNUT PESTO & SHAVED PARMESAN

PAIRED WITH 2022 NEBBIOLO | YIELDS 6 SERVINGS

CONFIT INGREDIENTS

2 large Fennel Bulbs
1 large Leek, white only
1/4 head Green Cabbage
1 1/2 cups Olive Oil
1 Bay Leaf
1 tsp Kosher Salt
Black Pepper, freshly ground

SERVING INGREDIENTS

3-4 oz Parsley-Hazelnut Pesto
3 oz Prosciutto, thinly sliced
2 oz Parmesan Cheese, freshly shaved
1 oz Extra-Virgin Olive Oil
2 pinches flaky Sea Salt, like Jacobsen
6 pieces reserved Fennel Fronds

METHOD

1. Trim fennel bulbs, removing fronds (reserve for garnish), stalks and tough outer layers.
2. Cut each bulb into thick wedges, keeping the core intact so they hold together. Set aside.
3. Bring 2 quarts of salted water in a large pot. Bring to a boil to blanch the leeks and cabbage.
4. Prepare a bowl of ice water to cool vegetables after blanching.
5. Cut cabbage into 1" dice. Trim leeks, removing root and green tops. Wash then cut on the bias into 1/2" slices.
6. Add leek slices to boiling water and blanch for about 3 minutes. Remove from boiling water using a strainer and cool immediately in ice water.
7. Use the same boiling water to blanch the cabbage for about 4 minutes. Strain and cool in ice bath immediately.
8. Place leeks, cabbage and fennel in a wide, shallow pan or Dutch oven.
9. Add olive oil, bay leaf, salt, and black pepper. The vegetables should be just covered with olive oil.
10. Set pan of vegetables over very low heat on the stove or place in a 300°F oven.
11. Cook gently for 60–90 minutes until the vegetables are completely tender and silky, but not falling apart. The oil should barely bubble not fry.
12. Remove from heat. Discard bay leaf. Keep warm or cool in the oil and rewarm before serving.
13. To serve: Lift fennel and leeks from the oil and arrange warm on a serving platter or individual plates, slightly overlapping for height. Spoon pesto lightly over the vegetables. Mound the prosciutto loosely over the top. Finish with shaved Parmesan, a drizzle of olive oil, a hint of flaky sea salt and a fennel frond.

PARSLEY-HAZELNUT PESTO

Yields 10 oz

1 cups Flat-leaf Parsley Leaves
1/3 cup toasted Hazelnuts, skins removed
1 Garlic Clove
3-4 oz Olive Oil (as needed)
Kosher Salt, to taste
Pinch of Lemon Zest

METHOD

1. In a food processor, pulse the parsley, hazelnuts, and garlic until chopped.
2. With the motor running, stream in olive oil until the pesto is loose and spoonable.
3. Season with salt and lemon zest.