

**?F?** in our **?Vegetarian Alphabet?** gig was going to be based on foraged Fennel heads. But we discovered that we had everything we needed in for home brewed Falafel as well. So two **?F?s?** in one?..

#### **Fennel Pesto**

#### **Ingredients:-**

100g Rosecoco Beans
100g Fennel Tops, Stems and fronds
1 tbsp Spirit Vinegar
2 Cloves of Garlic
1 tsp Salt
50g of Grated mature Cheddar Cheese
Oil

#### Method:-

- (1) Soak the beans over night.
- (2) Drain, add fresh salted water and simmer for 10 minutes.
- (3) Drain again and add to an oven tray with Oil and a sprinkling of Salt.
- (4) Roast at 180c until they pop.
- (5) Set aside to cool.
- (6) Wuzz everything up in a food processor adding enough Oil to make a stiff paste.
- (7) Add extra Salt and Vinegar to taste.

#### **Fennel Vinaigrette Dressing**

### **Ingredients:-**

Fennel Fronds Parsley, chopped 2 Cloves of Garlic, minced A pinch of Sugar Mustard Powder A Pinch of crumbled Black Lime Oil Spirit Vinegar

## Method:-

(1) Gently heat the Oil and all ingredients apart from the Vinegar until the Sugar dissolves.

(2) Allow to cool.

(3) Add to a bottle with the Vinegar.

(4) Shake well.

## Falafel

### **Ingredients:-**

200g Rosecoco Beans 1 Onion, roughly chopped 1 Leek top from the white upwards, finely chopped Parsley 3 Cloves of Garlic 1 <sup>1</sup>/<sub>2</sub> tbsp Gram Flour Salt & Pepper to taste 2 tsp Cumin 1 tsp Ground Coriander <sup>1</sup>/<sub>4</sub> tsp Cayenne Pepper A pinch of ground Cardamom A pinch of Turmeric

# Method:-

- (1) Soak the beans for 5 hours.
- (2) Drain, add fresh salted water and simmer for 15 minutes.
- (3) Drain again and add to an oven tray with Oil and a sprinkling of Salt.
- (4) Roast at 180c until they pop.
- (5) Set aside to cool.
- (6) Mix all the other ingredient in a bowl.

(7) Once the Beans have cooled add everything to a blender and wuzz. You?re looking for a smoothish consistency with a few larger bits of beans still visible.

(8) Cover and place in the fridge for 2 hours to harden up.

- (9) Form into small balls and deep fry until they are golden brown.
- (10) Drain on kitchen paper.

We added the remaining Fennel to chopped Kale with a little minced Garlic and flash fried in a Wok to make a base for the meal. As an additional side we made a salad with Red Cabbage, Fennel stems, Onion and sliced Tomato ? Which we drizzled with the Vinaigrette.