

"F" in our ingredients alphabet = Fennel

The Fennel sauce base with intended as a sauce for the Pork joint but it was a bit too pungent for our liking. But it made a good Curry base.

Ingredients:-

Cumin seeds, dry fried
2 cloves of Garlic, minced
A thumb of Ginger, minced
Chilli Flakes
Onion Salt
Garlic Salt
Bizar Seasoning (Ingredents here)
1 large Onion, sliced
2 tins of chopped Tomatoes
Tomato Puree
1 large Potato, cubed and par boiled
Cubed cooked Pork
1 bulb of Fennel chopped
Salt & Pepper

Method:-

(1) Add the bulb of Fennel and a tin of Tomatoes to a casserole dish with Salt & Pepper and roast the Pork over it.
(2) When cooled blend the Tomato and Fennel sauce in a food processor and set aside.

(3) Fry the Onion in Oil until translucent and add the Garlic, Ginger, fried Cumin seeds.
(4) Add the remaining tin of chopped Tomatoes and Tomato Puree and simmer for 20 minutes.
(5)Add the Chilli Flakes, Black Pepper, Garlic and Onion Salt and Bizar seasoning.
(6) Add the Tomato and Fennel sauce, cubed Potatoes and Pork.
(7) Stir well and simmer for a further 15 minutes.

We had some home made special fried Rice in the freezer. A bit of an odd combination. But there?s nothing new there!