

# Roasted Fennel Soup w/ Pernod & Smoked Salmon

(Lori Devine & Mayor  
Phillip Brown, Club  
Patron)



## Ingredients

- 2 Tbsp. Olive Oil
- 2 Med Fennels, Bulb & Tender Stalks ~ Stalks
- 2 Knobs Butter
- 2 Shallots, Chopped
- 2 Garlic Cloves, Finely Chopped
- 2 Tsp. Anise Seeds
- 2 Med Potatoes, Peeled & Chopped
- 30 ml Pernod
- 500 ml Vegetable Stock
- 125 ml Double Cream
- Chipotle Chili (Smaromi)
- Salt & Pepper
- 400 gr. Smoked Salmon

## Method

1. Preheat the oven to 320° F
2. Arrange the fennel slices in a baking pan and drizzle with olive oil. Roast in the oven for 15-20 minutes or until the fennel is just tender but not brown
3. In the meantime, melt the butter and sweat the shallots and garlic in a large pot for about 3-4 minutes, stirring occasionally
4. Heat a pan over low-medium heat. Add the anise seeds and gently roast until fragrant – approx. 30 seconds. Crush the seeds using a pestle and mortar. Add the crushed seeds to the pot with the shallots and garlic.
5. When the fennel slices are ready transfer to the pot along with the potatoes. Deglaze with the Pernod, scraping the bottom of the pot with a wooden spoon to remove any bits that have stuck to it. Pour the vegetable stock, bring to a boil then reduce the heat and simmer for about 15-20 minutes.
6. When the soup is ready, blend using a hand-held immersion blender into a smooth puree. Stir in the cream making sure the soup does not boil again. Slice the salmon into bite size pieces and add to the soup. Salt and pepper to taste and sprinkle with the chipotle chili. Serve immediately.