

Fennel and Artichoke Hash

Serves 6-8

2 fennel bulbs, trimmed, cut in half, core removed, and julienned
1 large onion, julienned
1 T olive oil
4 artichoke hearts or bottoms
2 T Worcestershire Sauce
1 T Balsamic Vinegar
2 tsp cracked black pepper
Salt to taste

In a heavy pan, sauté fennel and onion in olive oil until caramelized. Add artichokes and remaining ingredients. Serve hot.

(by Chef Dan Brophy, Summer Cooking With Herbs Series 2012, Portland Nursery / Stark)