



Shrimp with Braised Fennel & Tomatoes

INGREDIENTS Yields 1.5 c approx. 3-4 servings

1.5 lb shrimp
1 fennel bulb, cut in small pieces
4 large cloves of garlic, crushed
1.5 -2 c grape & heirloom cherry tomatoes
1/4 c parsley, chopped
1/8 c fennel fronds, chopped
pinch of red pepper flakes
1/3 c white wine
Magic 3 (salt, pepper, olive oil)

INSTRUCTIONS

1. Using about 1/4 c olive oil, sauté fennel until slightly softened.
2. Add the tomatoes, salt and black pepper and let cook down.
3. Then add the garlic and red pepper flakes and let cook for 5-7 minutes over medium low heat so not to burn the garlic.
4. Salt and pepper the shrimp, then add them into the pan cooking for about 2-3 minutes.
5. Add the wine and turn the shrimp over and cook until done.
6. Add the parsley and fennel fronds.

I served this with polenta, but it plays just as nicely with rice.