

Idiot's Kitchen Recipe – Shrimp with Fennel & Garlic

Recipe from www.idiotskitchen.com – Adapted from *Barefoot Contessa Foolproof Recipes You Can Trust*



Ingredients:

¼ cup olive oil
1 large fennel bulb, chopped with fronds reserved
6-8 cloves garlic, finely chopped
½ teaspoon red pepper flakes
1 pound shrimp, peeled and deveined
2-3 Tablespoons Anisette Liquor (original recipe calls for Pernod – Ouzo or Sambuca would also work)
1 Tablespoon flat leaf parsley, chopped
Salt & Pepper

Remove the bulb portion from the fennel and set some of the fronds aside. Cut the bulb in half, remove the hard core, and chop the remaining bulb into small, bite sized pieces. Peel and finely chop 6-8 cloves of garlic.

Heat ¼ cup of olive oil in a large pan over medium high heat. Add the chopped fennel and sauté for about 5 minutes until tender but not browned. When the fennel is starting to get tender, add the garlic and ½ teaspoon red pepper flakes and sauté for about 2 minutes more being sure to adjust the heat lower so the garlic does not burn. Feel free to adjust the amount of red pepper to suit your own taste.

Add 1 pound of peeled and deveined shrimp to the pan and cook quickly – 1-2 minutes per side – until it turns vibrant pink and the edges are just starting to curl. Turn the heat down to low (or off if you're cooking on a gas stove) and add 2 Tablespoons of Anisette Liquor. Use a wooden spoon to scrape any bits from the bottom of the pan.

Turn the heat off and add some of the reserved chopped fennel fronds and 1 Tablespoon of chopped fresh parsley. Season to taste with salt & pepper. If you'd like a more pronounced fennel/anise flavor, add 1 Tablespoon more anisette liquor after the dish has finished cooking.

Serve with couscous, pasta, rice, or French bread.

Serves 2-3. GREAT leftover and cold so you might want to double the recipe.