

# TOMATO & FENNEL RAGU

**From our garden:** fennel, marjoram, fennel fronds, purple cauliflower

## **NOTES TO STUDENTS and VOLUNTEERS:**

1. Please focus on your chopping skills.
2. Prepare the recipe in the order as outlined below to ensure it is cooked within the allocated time.

### **Equipment**

- Colander
- Chopping board
- Large knife
- Vegetable peeler
- Can opener
- Large Saucepan with lid
- Wooden spoon
- Scissors
- Large mixing bowl
- Small mixing bowl
- Serving bowls
- Serving spoons

### **Ingredients**

- 1 fennel
- ¼ purple cauliflower
- 1 stalk celery
- 1 clove of garlic
- 2 tablespoons olive oil
- 1 large can whole tomatoes
- ½ cup vegetable stock
- Bay leaf
- Small bunch marjoram
- Fennel fronds for garnish

### **What to do:**

- Peel and finely chop the garlic.
- Wash and finely slice the fennel.
- Wash and cut the cauliflower into small florets.
- Wash the celery and slice finely.
- Heat the olive oil in a large heavy-based saucepan over medium heat.
- Add the garlic, celery and fennel. Cook, stirring, for 3 to 4 minutes or until vegetables have softened.
- Add the cauliflower. Cook, stirring, for 1 minute or until combined.
- Add the bay leaf, vegetable stock and tomatoes (and juice) to the saucepan. Cover. Cook, stirring occasionally for 20 minutes or until vegetables start to soften.
- Pick, wash and roughly chop the marjoram. Add to the pot and stir to combine.
- Pick the fennel fronds, wash and roughly chop.
- Divide the ragu into serving bowls and garnish with chopped fennel fronds.