



## *Fennel Seed*

Fennel is a perennial herb plant belonging to the *parsley* or *Umbelliferae* family, a broad family of herbs and spices, which includes some common members such as caraway, dill, anise, and cumin. Fennel seed is used as a savory spice. It is principally added in cooking as a condiment and flavoring base. Its seeds are widely used in fish, cheese spreads, and vegetable dishes, but are also used to flavor breads, dough, cakes, and biscuits.



**680961      6/14 oz.**

### **Fennel Soda Bread**

**Prep Time:** 20 Minutes    **Cook Time:** 1 Hour  
**Ready In:** 1 Hour 20 Minutes    **Servings:** 12

#### **Ingredients:**

3 cups all-purpose flour  
1 tablespoon baking powder  
1 teaspoon baking soda  
1/2 teaspoon salt  
3/4 cup white sugar  
1 tablespoon fennel seed  
2 eggs, beaten  
1 3/4 cups buttermilk  
2 teaspoons melted butter  
3 tablespoons butter, chilled

#### **Directions:**

Preheat the oven to 350° F (175° C). Grease a 10-inch round cake pan.

In a large bowl, stir together the flour, baking powder, baking soda, salt, sugar, and fennel seed. In another bowl, stir together the eggs, buttermilk, and melted butter. Stir the wet ingredients into the flour mixture, until just blended using a large spoon. Spoon the batter into the prepared pan. Dot with the 3 tablespoons of chilled butter. Bake for about 1 hour in the preheated oven, or until puffed and golden. Cut into wedges and serve warm.

