
Orange Fennel Mostarda

Adapted just slightly from a Food 52 recipe by Elizabeth Rex

Internet Address: <http://food52.com/recipes/21376-orange-fennel-mostarda>



1 small fennel bulb, cut into a small dice (I used more)

2 whole Navel oranges

1 tablespoon mustard seeds

1 teaspoon fennel seeds

1/2 cup sugar

1/3 cup white wine vinegar, or more if needed

1/4 cup water

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 16

1. Place fennel, spices, sugar, vinegar, and water into a small saucepot and bring to a boil over medium-high heat.
2. Meanwhile, as your saucepot is heating, zest the navel orange. It should yield about 1 teaspoon, but if you get less, that is fine. Set zest aside.
3. Peel the orange as if you were supreming or segmenting it, but instead of segmenting, cut the orange into 4 pieces and remove the middle pithy part, seeds, and hard rind (if any). The membrane between the orange segments is fine. Dice what you have, which should yield about 1 cup. Add to the saucepot, which should have come up to a rapid simmer/boil about now. If the pot started boiling while you were cutting up the orange, that is fine.
4. Once the oranges are in, bring to a boil for about 5 minutes, skimming any foam that appears, then turn down to medium. Simmer until liquid is reduced to the consistency of maple syrup (nearly all of the liquid will be gone by then) and the mustard seeds have plumped up and softened, about 20-25 minutes. Set aside and cool, then stir in reserved orange zest.
5. Note: At this point, there will still be pieces of fresh orange in the mostarda. If you want a more cooked-down, marmalade-ish consistency, bring the orange to a boil with the fennel, and simmer on medium-low heat for 30 minutes.
6. Serve with toasted baguette slices or a plain cracker. Don't use a flavored cracker - you want all the mostarda flavor to shine through to your taste buds. Will keep for up to a month, refrigerated.

Yield: 1 1/2 cups

Per Serving (excluding unknown items): 41 Calories; trace Fat (5.3% calories from fat); 1g Protein; 10g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.