



## Spicy Pickled Fennel with Chili Flakes

### Ingredients

4 medium fennel, washed & finely sliced

500g malt pickling vinegar

60g sugar

1tbsp chilli flakes (ancho chillies are less hot & more fruity, where habanero flakes pack one hell of a punch!)

Sea salt

### Method

Add the fennel to a bowl and toss with enough sea salt to ensure a light, even covering. Leave for a minimum of 1 hour.

Place the vinegar in a pan with the sugar and chilli flakes. Bring to a gentle simmer, remove from the heat and allow to cool to room temperature.

Drain the excess liquid from the base of the fennel bowl. Pack the fennel into a sterilized Kilner and cover with the vinegar. Seal and leave for a week before serving.