



# TASTING TABLE

An exclusive recipe to accompany the story found at <http://TastingTable.com>

## Giardiniera

Adapted from Liza Shaw of A16

**Makes about 1½ cups**

- 4 teaspoons extra virgin olive oil
- ½ cup very thinly sliced red onions
- ½ cup very thinly sliced fennel
- 1/3 teaspoon thinly sliced fresh chiles
- 1 teaspoon salt
- ½ cup very thinly sliced carrots
- 2¼ teaspoons red wine vinegar
- 1½ teaspoons of nepitella leaves

1. Heat the oil in a large sauté pan over medium heat, and then add onion, fennel, chiles and salt. Add the carrots after about 3 minutes and sauté for about 2 more minutes, until the vegetables are almost tender but still retain a bit of crunch.
2. Deglaze the pan with red wine vinegar and reduce until the vinegar is almost evaporated. Add the nepitella, toss to combine, remove from heat and let cool to room temperature.
3. Store in the refrigerator if not using immediately. Serve as an accompaniment to a hearty main dish.

Printable recipe sponsor:



☀ *Can't get enough Tasting Table?*

**Follow us on Twitter!**

See what our editors are tasting, cooking, buying and testing before you read it (or don't) on Tasting Table:

<http://twitter.com/tastingtable>

<http://twitter.com/tastingtablenyc>

<http://twitter.com/tastingtablela>

<http://twitter.com/tastingtablechi>

<http://twitter.com/tastingtablesf>

<http://twitter.com/tastingtabledc>