



TIPS:

- Use a mortar and pestle to crush and grind fennel seeds or try placing seeds in a plastic bag and using a rolling pin or glass jar, or place in a coffee/spice grinder.
- Sprinkle ground fennel seeds on freshly steamed vegetables.
- For a cup of fennel tea, bruise 1 teaspoon of fennel seed with a mortar and pestle. Add boiling water and steep for 10 minutes.
- Add crushed seeds to scone, biscuit and bread recipes.
- Blend crushed fennel with sea salt and use to top flat bread, foccacia or a savory short bread before or just after baking or toasting.
- Add crushed fennel seeds, dried cranberries and raisins to your favorite cornbread recipe.

CHEESE TORTELLINI WITH FENNEL CREAM SAUCE

1 pound fresh or frozen cheese tortellini	½ cup shredded fresh Parmesan cheese
2 tablespoons olive oil	½ teaspoon salt
2 cloves garlic, minced	½ teaspoon ground fennel
2 shallots, chopped	1 tablespoon chopped fennel tops
1 fennel bulb, thinly sliced	1 tablespoon chopped fresh Italian flat-leaf parsley
1 pint heavy cream	Freshly grated nutmeg for garnish

Bring a large pan of water to a boil. While waiting, prepare the sauce.

Heat olive oil in a saucepan, then add shallots, chopped fennel, and garlic. Cook over low heat until vegetables begin to soften, about 5-7 minutes. Keeping the heat low, add cream and heat through. Stir in Parmesan cheese and cook until mixture begins to thicken slightly. Stir in salt, ground fennel, fennel tops and parsley. Blend thoroughly and heat through. Set aside.

Drop fresh or frozen tortellini into boiling water and cook according to package directions. Drain and place in a serving bowl. Pour cream sauce over top and toss to coat. Great fresh nutmeg over top and garnish with an additional sprig of fennel.

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Schlosser, Katherine K. 2007. *The Herb Society of America's Essential Guide to Growing and Cooking with Herbs*, Baton Rouge, LA: Louisiana State University Press.

FETA AND FENNEL POTATOES

6 large potatoes, peeled and sliced into ¼ inch rounds

2 tablespoons olive oil

1 onion, thinly sliced

½ fennel bulb, thinly sliced

1 ½ cups heavy cream

3 oz. feta cheese

1 tablespoon finely chopped fennel tops

½ cup pecans, chopped

½ cup bread crumbs

1 tablespoon chopped Italian parsley

½ teaspoon ground fennel

3 tablespoons butter, melted

Simmer sliced potatoes in water until just fork tender. Cool and set aside.

Heat olive oil in a sauté pan over medium heat. Add onions and fennel bulb, cooking until tender and browned. Slowly add the cream and bring to a simmer while stirring. Add feta cheese and ground fennel, stirring until cheese is melted. Season with salt and freshly ground black pepper to taste. Add cooked potatoes, stirring to coat. Put pecan pieces in a dry sauté pan and toast over medium until just beginning to brown. Pour pecans into a small bowl. Add bread crumbs, Italian parsley, ground fennel, and melted butter. Toss together to blend.

Pour potato mixture into a buttered baking dish and top with pecan mixture. Bake at 350°F for about 30 minutes, or until bubbly around the edges.

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