

Featuring Fennel

Cheese Tortellini with Fennel Cream Sauce

1 pound fresh or frozen cheese tortellini	1/2 cup shredded fresh Parmesan cheese
1 tablespoons olive oil	1/2 teaspoon salt
2 cloves garlic, minced	1/2 teaspoon ground fennel
2 shallots, chopped	1 tablespoon chopped fennel tops
1 fennel bulb, thinly sliced	1 tablespoon 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. Grate fresh nutmeg over top and garnish with an additional sprig of fennel.

— Katherine K. Schlosser, HSA North Carolina Unit

Fennel Tea

1-2 teaspoons ground or crushed fennel seeds
1 cup boiling water

Steep fennel seeds in boiling water for 7-10 minutes. Strain. Can blend and steep with other herbs such as equal parts peppermint and lemon verbena or lemon balm, equal parts cumin and coriander seed or other herbs to taste. Sweeten if desired.

Feta and Fennel Potatoes

6 large potatoes, peeled and sliced into 1/4-inch rounds	1 tablespoon finely chopped fennel tops
2 tablespoons olive oil	1/2 cup pecans, chopped
1 onion, thinly sliced	1/2 cup bread crumbs
1/2 fennel bulb, thinly sliced	1 tablespoon Italian parsley, chopped
1 1/2 cups heavy cream	1/2 teaspoon ground fennel
3 ounces feta cheese	3 tablespoon 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 heat 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.

— Katherine K. Schlosser, HSA North Carolina Unit

The HSA recipes can be found in:
The Herb Society of America's Essential Guide to Growing and Cooking
***with Herbs* edited by Katherine K. Schlosser:**

<http://tinyurl.com/pj5od8o>

Want to share a favorite family recipe featuring fennel?

Send it to us at: herbs@herbsociety.org