

SPICY SPAGHETTI WITH FENNEL AND HERBS

8 SERVINGS

CALORIES 370 FAT 13 g FIBER 5 g

- 1 3-ounce package pancetta (Italian bacon), chopped
- 1 tablespoon olive oil
- 3 garlic cloves, chopped
- 2 large red jalapeño chiles, seeded, finely chopped (about ¼ cup)
- 2 large fennel bulbs, stalks trimmed, cut into thin wedges with some core attached
- ½ cups low-salt chicken broth
- 4 tablespoons finely chopped fresh Italian parsley, divided
- 2 tablespoons fresh lemon juice
- 1½ teaspoons crushed fennel seeds
- 1 pound spaghetti
- 2 tablespoons extra-virgin olive oil
- 1½ cups finely grated Pecorino Romano or Pecorino Toscano cheese, divided

Sauté pancetta in large skillet over medium heat until pancetta is golden. Using slotted spoon, transfer pancetta to paper towels. Add 1 tablespoon oil to drippings in skillet. Add garlic and chiles; sauté over medium heat 1 minute. Add fennel; cook until beginning to soften, 5 minutes. Mix in broth, 2 tablespoons parsley, lemon juice,

and fennel seeds. Bring to boil. Reduce heat to low, cover, and cook until fennel is very tender, 20 minutes. Remove from heat. Season with salt and pepper.

Cook pasta until tender; drain. Reserve 1 cup cooking liquid. Return pasta to pot.

Uncover skillet with fennel mixture and return to high heat. Cook until almost all liquid is absorbed, about 4 minutes. Add fennel to pasta. Stir in 2 tablespoons oil, ½ cup cheese, and pancetta. Add cooking liquid by ¼ cupfuls if dry. Toss pasta; transfer to serving bowl. Sprinkle 2 tablespoons parsley over. Serve with cheese.

CHICKEN TAGINE WITH FENNEL AND OLIVES

4 SERVINGS To see a photo of this dish, go to bonappetit.com.

CALORIES 395 FAT 24 g FIBER 4 g

- 1 teaspoon ground cumin
- ½ teaspoon paprika
- ½ teaspoon fine sea salt
- ¼ teaspoon cayenne pepper
- 6 skinless boneless chicken thighs (1½ pounds)
- 2 tablespoons olive oil, divided
- 2 medium fennel bulbs, stalks trimmed, bulbs halved vertically, then cut crosswise into ½-inch slices

- 2 cups low-salt chicken broth
- 2 tablespoons fresh lemon juice
- ½ cup pitted brine-cured green olives, quartered lengthwise
- 1 cup coarsely chopped fresh cilantro

Mix cumin, paprika, salt, and cayenne in small bowl. Cut chicken crosswise into thirds. Toss in large bowl with spices.

Heat 1 tablespoon oil in large skillet over medium-high heat. Add chicken; brown 2 minutes per side. Transfer to plate.

Add 1 tablespoon oil and fennel to same skillet. Sauté until golden in spots, 5 minutes. Return chicken and juices to skillet. Add broth and lemon juice. Bring to simmer, scraping up browned bits. Cover, reduce heat to low, and cook until chicken is cooked through, 15 minutes. Add olives. Simmer until sauce thickens, 5 minutes. Stir in cilantro. Season with salt and pepper.

FENNEL AND POTATO HASH

6 SERVINGS This is great with a fried egg. For a photo of the recipe, go to bonappetit.com.

CALORIES 173 FAT 7 g FIBER 4 g

- 2 small fennel bulbs with fronds
- 2 tablespoons olive oil
- 1½ pounds Yukon Gold potatoes, peeled, cut into ½- to ¾-inch cubes, patted dry
- ½ teaspoon fine sea salt
- Freshly ground pepper
- 1 garlic clove, chopped
- ¼ cup coarsely chopped fresh Italian parsley

Cut fennel into ½-inch cubes (there should be about 4 scant cups). Finely chop enough fennel fronds to measure ¼ cup. Cook fennel in boiling salted water until just tender, 3 minutes. Drain; set aside.

Heat 2 tablespoons oil in heavy large nonstick skillet over medium heat. Add potatoes. Cook until golden and crisp, turning often, 20 to 25 minutes. Using potato masher, crush potatoes in skillet. Add fennel, salt, and pepper. Cook until fennel is golden, stirring often, 2 to 3 minutes. Add garlic and cook 2 minutes. Stir in parsley. Serve hot. ■



SPICY SPAGHETTI WITH FENNEL AND HERBS

Ross Dobson's cookbooks include *Fired Up* and *Kitchen Seasons*.