



Fettuccini and Fennel and Pancetta

Ingredients:

- 1 lb. Fettuccine Pasta
- 3 cloves garlic, finely chopped
- 5 oz. pancetta cut into matchstick size pieces
- $\frac{1}{3}$ c. chopped fennel fronds (green lacy part of the fennel)
- 2 fennel bulbs sliced into half-moon shaped pieces
- 3 T. butter
- 2 t. fennel seeds
- $\frac{1}{2}$ c. of pine nuts
- 1 c. heavy cream
- $\frac{1}{8}$ t. crushed red pepper flakes
- Salt and pepper to taste
- Freshly grated Parmesan cheese for garnish
- Finely chopped Roma tomato (optional for garnish)

Method:

Bring a large pot of salted water to boil for the pasta. Melt butter in a large sauté pan; add the garlic and the pancetta. Cook for 1 minute, stirring often. Add the chopped fennel fronds, fennel seeds, crushed red pepper flakes and the fennel wedges. Cover and cook, stirring occasionally for 15 minutes.

Meanwhile, boil fettuccini and cook until just al dente. Toast pine nuts until lightly browned, set aside. Add heavy cream to the fennel and cook about 5 minutes more. Mix the pasta and fennel together. Season with salt and pepper. Serve pasta with freshly grated Parmesan cheese and some finely chopped roma tomato (optional).

**From Helsing Junction Farm
Anna Salafsky and Susan Ujcic**