

Fennel and Apple Salad

- 2 Tbs. fresh lemon juice
- 3 tart apples
- 2 small heads fennel, cut into matchsticks
- 1 small red onion, cut in half and very thinly sliced
- 1/4 cup extra-virgin olive oil
- 2 Tbs. chopped fresh flat-leaf parsley
- Salt and freshly ground pepper to taste

Put the lemon juice in a large bowl. Cut one of the apples in half, core it, and julienne it. Put the cut apple in the bowl and toss it with the lemon juice to keep it from browning. Repeat with the other apples. Toss in all of the remaining ingredients. Let stand for at least 20 minutes at room temperature. Taste for seasoning and serve.

Caramelized Fennel, Roasted Garlic and Tomato Soup

1 large bulb fennel (about 1 1/2 cups), diced
olive oil
1 head of garlic, roasted
1 can (1/2 cup) tomato paste
4 cups chicken or veg stock
1 cup water
2-4 tbsp fresh lemon juice, depending on taste
salt and pepper to taste
fennel fronds, optional

Drizzle a pan over med-high heat with a few glugs of olive oil and let it get hot. Add the fennel and a few pinches of coarse salt and let it cook, stirring every 5 minutes or so, until deep brown and caramelized around the edges, 20-30 minutes.

Add the tomato paste and roasted garlic cloves and cook until the paste has deepened in color and become very fragrant, 6-7 minutes. Add the stock and water; bring to a boil and stir, scraping the bottom of the pot to release all the flavorful bits of fennel and tomato paste. Turn down to a simmer and let it bubble away for 20 minutes. Puree if desired. Add lemon juice, 1 tbsp. at a time and taste to see if you'd like to add more. Taste for salt and add more if needed. Ladle into bowls and garnish with fennel fronds and a drizzle of olive oil.

Fennel and Potato Gratin

- 1 1/2 tablespoons butter, plus more for pan
- 2 medium fennel bulbs, (8 ounces each)
- 1 1/2 pounds russet potatoes, peeled
- Coarse salt and ground pepper
- 1/2 cup plus 6 tablespoons grated Asiago cheese
- 1/2 cup heavy cream

- Preheat oven to 400 degrees. Lightly butter an 8-inch square baking dish. Trim fennel bulbs; halve, and core. Slice bulbs and potatoes very thin (1/8 inch thick).
- Add potatoes to prepared dish in three layers, alternating with two layers of fennel; season each layer with salt and pepper, sprinkle with 2 tablespoons Asiago, and dot with 1/2 tablespoon butter. (Omit cheese from final layer.) Pour cream over top. Bake until potatoes are tender when pierced with the tip of a paring knife, about 45 minutes. Sprinkle with remaining 1/2 cup grated Asiago; bake until golden brown, 15 to 20 minutes.

Caramelized Fennel

- 2 large fennel bulbs,
- rinsed and trimmed, cut into eighths
- 5 tablespoons extra virgin olive oil
- Salt and freshly ground black pepper
- 1/2 cup grated parmesan
- 1/2 cup bread crumbs

Preheat the oven to 400 degrees F.

Put the fennel in boiling salted water for about 7 minutes, or until fork tender.

Drain and arrange in one layer on a baking pan. Drizzle some extra-virgin olive oil on the fennel and salt and pepper, to taste.

Sprinkle the cheese and bread crumbs on the fennel. Roast in the oven until golden brown, approximately 20 to 30 minutes.

Fennel, Kale, and Lemon Pasta

- 2-3 tablespoons extra virgin olive oil
- 1/2 large red onion, thinly sliced
- fennel bulbs, thinly sliced
- large garlic cloves, finely slivered
- 2-3 large pinches red pepper flakes
- 1 large bunch of lacinato kale, roughly chopped
- juice of one lemon
- 10 ounces spinach fettuccine
- salt
- pepper

Fennel and Cabbage Slaw

- 1/2 medium red cabbage, sliced (about 4 cups)
- 2 large carrots, peeled and grated
- 1 fennel bulb, thinly sliced
- 3 green onions, sliced
- Zest of 1 lemon
- 1/2 cup plain whole milk yogurt (or Greek yogurt)
- 1 tablespoon fresh squeezed lemon juice
- 1 tablespoon white vinegar
- 1 tablespoon whole grain mustard
- 1 teaspoon sesame seeds
- 1 teaspoon poppy seeds
- 1 teaspoon kosher salt

Fennel, Cucumber, and Cabbage Salad with Dill

- 1 1/4 pounds Savoy cabbage, very thinly sliced (6 cups)
- 1 medium sweet onion, very thinly sliced
- 1 1/2 pounds fennel bulbs—very thinly shaved
- Ice water
- 1 seedless cucumber, halved lengthwise and sliced 1/8 inch thick
- Kosher salt
- 1 cup crème fraîche
- 2 tablespoons white wine vinegar
- 1/2 cup chopped dill
- 1 tablespoon poppy seeds

Put a large pot of well-salted water on to boil.

Heat the olive oil in a large frying pan over low heat. Add the onion and cook gently for 5 minutes, or until the onions are beginning to soften.

Turn up the heat to medium, add the sliced fennel, and sauté for 6-8 minutes or until the fennel is tender and slightly caramelized. Add the garlic and red peppers flakes and continue to cook, stirring frequently, for another minute or two. Turn off the heat.

When the fennel is almost cooked, add the pasta to the pan of boiling water and cook until al dente, adding the greens to the pasta pot about 2-3 minutes before the pasta is done cooking.

Drain the pasta (reserving 1/2 cup of cooking water) and greens thoroughly and toss with the onion, fennel and kale mixture in the pan--adding pasta water if necessary. Add the lemon juice, season with salt and pepper, and serve immediately.

Drizzle each serving with chili oil, fennel fronds, and lots of grated Parmigiano-Reggiano cheese.

- Toss the cabbage, carrots, fennel, and green onions in a large bowl.

- In a small bowl, whisk together the remaining ingredients to make a dressing for the slaw. Pour the dressing over the veggies and mix well.

- Serve on your favorite veggie burger, sandwich, or taco, or alongside your favorite main dish.

Put the cabbage, onion and fennel in three separate bowls and cover with ice water; let stand for 30 minutes. Drain the vegetables and spin dry in a salad spinner. In another bowl, toss the cucumbers with 2 teaspoons of salt and cover with ice water. Let stand for 30 minutes, then drain and pat dry.

In a very large bowl, whisk the crème fraîche with the vinegar until stiff. Add the dill and poppy seeds and season generously with salt.

Fold in the cabbage, onion, fennel and cucumber and serve right away.