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# Baked Fennel with Parmigiano-Reggiano

From a cookbook called: *Five Brothers: A Year of Tuscan Cooking*

Joan L brought this dish to a dinner we had prior to one of our Italy trips to the Villa Catola in Bucine, near Arezzo.



*Finocchio al forno con Parmigiano-Reggiano - in Italian.*

6 whole fennel bulbs

2 tablespoons butter, cut in pieces

1 tablespoon Italian parsley, chopped

1 tablespoon fresh sage, divided

salt and ground pepper to taste

1/4 cup chicken broth

1/2 cup Parmegiano-Reggiano cheese, grated

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

## Servings: 8

*The fennel's delicate anise flavor actually sweetens when cooked. It's a staple in the Italian vegetable repertoire.*

1. Preheat oven to 350°.
2. Cut off the tops, clean and quarter the fennel bulbs. Bring a large pot of water to a boil, add a splash of salt and cook the fennel quarters for 5 minutes only. Drain and pat dry.
3. Lightly oil a baking dish then layer half the fennel inside. Dot with butter, half the parsley, sage, salt and pepper. Top with remaining fennel and seasonings. Pour broth over fennel and sprinkle with the cheese. Cover the dish with foil or a lid and bake for 45 minutes. Remove lid/foil and continue baking for another 10-15 minutes until the cheese is golden brown. If you're in a hurry, increase the temperature to 400° and it may take less time to brown.

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Per Serving (excluding unknown items): 104 Calories; 5g Fat (38.0% calories from fat); 4g Protein; 13g Carbohydrate; 5g Dietary Fiber; 12mg Cholesterol; 238mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.