



“Italian Pantry”  
Shopping List for the recipe:

*Patate con Semi di Finocchio*  
**Potatoes with Fennel Seed**

~From the website & blog~  
[www.beyondthepasta.com](http://www.beyondthepasta.com)

**Check your pantry for these items:**

- 2 tablespoons extra virgin olive oil    HAVE:     BUY:
- 2 cloves garlic    HAVE:     BUY:
- 1 teaspoon Kosher or Sea Salt    HAVE:     BUY:
- ½ teaspoon black pepper    HAVE:     BUY:

(If you are like me, I prefer to use freshly ground black pepper, check your pepper mill to make sure you aren't running low on black peppercorns.)

**RECIPE CALLS FOR:**

- 1 teaspoon whole fennel seed (you can substitute pre-ground fennel seed if it is already in your pantry, but I prefer the taste of freshly ground fennel seed.)
- 6 medium potatoes (2 to 2½ pounds. Nonna used the Italian version of an Idaho russet, but use your favorite if you have a preference.)
- 1 teaspoon chopped fresh rosemary (1 or 2 springs. If you wish, use the same measurement of dried rosemary, if that is what you already have in your spice rack. Again, fresh is always preferred.)

**What can I do with the any leftover ingredients?**

**-Whole fennel seed:** Besides using whole fennel seeds (freshly ground) with potatoes, Nonna also used it as a rub on pork chops and also on trout filets. It adds a slightly sweet licorice flavor that reminds me of Tuscan dishes.

**-Fresh rosemary:** In the Deep South where I live, rosemary planted outside winters-over quite well. However, that is not true in the north – unless you have a greenhouse. For “Yankee” climates, I would suggest buying a small potted rosemary plant in the late spring/early summer and keep it watered on a well-lit windowsill. As the season changes from fall to winter, clip the green sprigs off of the plant, place them in a re-sealable plastic bag and keep them in your spice cabinet. They will naturally dry in the bag and you'll have your “fresh” rosemary to use during the winter months.

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