

## 30-Minute Creamy Caramelized Fennel Pasta | SCRAPS by Carolina Gelen

Prep time: 10 minutes | Cook time: 20 minutes | Total time: 30 minutes | Makes 2 servings

- 2 medium fennel bulbs
- 1/4 cup (4 tablespoons) extra-virgin olive oil
- 3 fresh thyme sprigs, optional
- 1 teaspoon fennel seeds, crushed, optional
- 5 garlic cloves, thinly sliced
- Kosher salt
- 150g to 200g long pasta shape, such as spaghetti, linguine, etc.
- 1 cup (226g or 8 oz) creme fraîche or heavy cream
- 50g (2 oz) Parmigiano Reggiano, finely grated

### Step 1

Slice the fennel bulbs in half. Using a mandolin or sharp knife, thinly slice the fennel bulb halves. Set aside.

### Step 2

In a medium (3-quart-ish) pot over medium heat, heat the olive oil. Carefully add the thyme sprigs, if using (they will splatter), fennel seeds (if using), and garlic cloves. Cook for 1 minute, or until fragrant. Add the sliced fennel to the pot and a big pinch of salt. Raise the heat to medium-high.

Cook, stirring occasionally, for 12 to 15 minutes, until the fennel volume has reduced to a third, and until the fennel has softened and darkened in color.

If you see any brown bits burning at the bottom of the pan as you're stirring, add a splash of water to the pot and scrape them using your wooden spoon or spatula. Adjust the heat as needed.

### Step 3

In the meantime, bring a pot of water to a boil to cook the pasta in. Season with a hefty pinch of salt. Add the pasta to the water and boil for 4 minutes less than what the packaging calls for.

### Step 4

Using a pair of tongs, transfer the al dente cooked pasta to the fennel. Reduce the heat to medium.

Add the creme fraîche or heavy cream, the parm, and 3/4 cup pasta water. Stir the pasta using a pair of tongs and cook for another 4 minutes, until the sauce goes from a loose, liquid consistency, to a thicker saucy one.

Taste and season with more salt, as needed. Serve with more parm on top.