

FISH STEW WITH FENNEL by Lulu Lemon and Lace.

- 1 tsp fennel seeds, roughly ground
 - 2 x Cod fillets, diced.
 - 2 x Salmon fillets, diced.
 - 1 fennel bulb, sliced, reserving the leaves for decoration. Or you can use dill.
 - 3 large shallots, sliced.
 - 50g butter
 - 4 large garlic cloves, sliced.
 - 1 tsp chilli flakes (to taste)
 - 1 red pepper, sliced.
 - 4 tomatoes peeled and de-seeded.
 - 12 baby plum tomatoes left whole.
 - 1 lemon
 - Sliced greens
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- Peel your tomatoes by soaking in hot water. Reserve $\frac{3}{4}$ pint of this water for the stock of the stew.
 - Heat olive oil and saut. the fennel slices until golden, set aside.
 - Add half of the butter to the pan along with the shallots, and saut. until softened.
 - Add the garlic, chilli, and ground fennel seeds. Mix well.
 - Chuck in the red peppers and all the tomatoes along with the zest of a lemon, mix well.
 - Add a little drop of the tomato water and cover, let this simmer until the tomatoes are jammy and soft.
 - Add the rest of the tomato water and the juice of half of the lemon, stir, then add the fish chunks.
 - I like to place the fish flesh side down first and cover the pan. Cook for a few minutes then careful turn each piece over so it is skin side down.
 - Once the fish can be broken easily with a spoon, add the greens and cover.
 - Let this steam for another 3 minutes before serving.
 - Serve with shredded raw fennel and dill leaves.