

## 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

  

- 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.