

COOKING CUISINE

9th March 2022

Baked Monkfish with Lemon and Fennel

Serves 4



Equipment

- large ovenproof (glass) dish
- small sauce pan
- baking paper

Ingredients

For the Marinade:

- 1/3 cup White Wine or Campari
- 4 tablespoons olive oil
- 3 tablespoons lemon juice freshly squeezed
- 3 tablespoons orange juice freshly squeezed
- 3 tablespoons brown sugar
- 2 cloves of garlic minced
- 2 teaspoons salt
- 1 pieces star aniseed
- 1 1/2 teaspoons black pepper freshly ground

For The Roasted Chicken and Fennel:

- 2 1/2 pounds monkfish or cod (
- 2 medium fennel bulbs washed and cut into 6 equal wedges
- 3 lemons (alternatively oranges) sliced horizontally into 1/4 inch slices
- 1 tablespoon fresh thyme leaves or parsley chopped finely
- 1 teaspoon fennel seeds or 1 piece of star aniseed
- 1- tablespoon fennel fronds – as garnish

Directions

To make the marinade:

- Mix White wine or Campari, olive oil, orange juice, lemon juice, brown sugar, garlic, salt and pepper in a large mixing bowl.
- Pat-dry fish with paper towels.
- Add the fish, fennel wedges, lemon slices, thyme, and fennel seeds into the mixture. Stir well. Cover it with plastic wrap and let it marinate at least for 2 hours or overnight.

To Bake:

- Pre-heat the oven to 200°C. Line the baking dish with baking paper large enough to fold over the fish. Place the fish in a single layer into large ovenproof pan.
- Distribute all the fennel wedges and orange slices equally around the fish
- Pour the marinade juices over it. Place it in the oven, and roast for 30-35 minutes or until fish are fully cooked.
- Transfer the fish, fennel wedges, and orange slices into a serving plate. Cover with aluminum foil to keep warm. Set aside.
- Drain the juices through a strainer and transfer them into a small saucepan. Bring it to a boil over medium-high heat. Then turn down the heat to low, and allow it to simmer until it is reduced to 1/3 cup, 6-8 minutes.
- When ready to serve, place fish on the plate, garnish with roasted fennel and lemon slices, pour the sauce over the fish, and garnish it with fennel fronds.
- Serve with rice, barley or crusty bread.

Serve immediately.

Tips: use cod or salmon instead.

Use turkey, pork instead of chicken. Increase cooking time to 45 min