

Miele

Snapper fennel and broad beans with anchovy butter

By Shannon Bennett

20 minutes

Prep time

30 minutes

Cooking time

4 Servings

Serves



INGREDIENTS

4 x 150g pieces of snapper, middle cut
Murray River Sea Salt and white pepper
to taste

Braised fennel

2 bulbs baby fennel, cut into thin wedges
375ml chicken stock
50g butter
1 tablespoon olive oil
Large pinch Murray River Sea Salt
4 thyme sprigs

Anchovy butter

100g butter
5 Ortiz anchovies, drained, chopped, oil
reserved
1 tablespoon Murray River Sea Salt
Finely grated zest of 1 lemon
1 tablespoon Lilliput capers, rinsed

Broad beans

150g double peeled
broad beans

To serve

Pineapple sage
Marigold petals
Nasturtium leaves
Borage flowers

METHOD

Braised Fennel

1. Place fennel in a casserole dish. Pour the chicken stock over the fennel and dot with butter. Season with salt. Lay the thyme sprigs on top of the fennel.
2. Select Fan Plus 180°C and place fennel in the oven on shelf position 1, cook for 30 minutes, or until cooked through and softened. Remove from the oven and set aside in a warm place until required.

Anchovy butter

1. Melt the butter with the anchovies and zest in a small pan on medium heat, Induction setting 6. Cook to a temperature of 130°C, when tested with a food thermometer, stirring occasionally. Add capers and stir to combine. Set aside.

Snapper

1. Place the fish on a baking paper lined perforated steam tray. Steam at 85°C for 5 minutes. Depending on thickness of the fish, it may need another 1-2 minutes.

Broad beans

1. Place broad beans in a perforated steam tray and Steam at 100°C for 1 minute.

To serve

1. Place the fennel wedges in the centre of each plate. Top with the fish.
2. Scatter the broad beans around the plate along with the herbs and flowers.
3. Drizzle the anchovy butter over the fish. Serve immediately.