

SPOTLIGHT RECIPE

ROASTED COD WITH WINE-BRAISED FENNEL

SERVES 6



INGREDIENTS

- 3 tablespoons extra-virgin olive oil
- 3 fennel bulbs, cut through the cores into 1-inch-thick wedges
- Salt and freshly ground black pepper
- 1/4 teaspoon crushed red pepper
- 1 cup plus 1 tablespoon dry white wine
- 1/4 cup water
- 2 bay leaves
- 1/4 cup golden raisins
- 1 small shallot, minced
- One 2 1/2-pound skinless cod or striped bass fillet

DIRECTIONS

Heat the oven to 450 F.

In a large skillet, heat 2 tablespoons of the olive oil. Add the fennel wedges cut sides down; season with salt and black pepper and sprinkle with the crushed red pepper.

Cover and cook over moderate heat until the fennel is browned, about 12 minutes, turning the wedges halfway through. Add 1 cup of the wine and the water, bay leaves and raisins. Simmer over low heat, turning the wedges a few times, until most of the wine has evaporated and the fennel is tender, about 15 minutes. Discard the bay leaves and season with salt and black pepper.

Spread the minced shallot in the shape of the fish fillet on a rimmed baking sheet and drizzle with the remaining 1 tablespoon of wine. Season the skinned side of the fillet with salt and black pepper and set it down on the minced shallot. Rub the top of the fish with the remaining 1 tablespoon of olive oil and season with salt and black pepper.

Roast the cod on the top shelf of the oven for about 12 minutes, until it is barely opaque in the center. Return the pan with the onions and mint to the oven; roast for 10 minutes. Remove the string and carve the chicken. Serve with the onions, lemon wedges and pan juices.

Place the cod and its juices on a platter. Spoon the braised fennel alongside and serve.

Side dishes

Roasted Fingerling Potatoes • Steamed Broccoli

