

Whole baked flounder with roasted tomatoes and fennel

By Shannon Bennett

45 minutes

Prep time

40 minutes

Cooking time

4-6 Servings

Serves



INGREDIENTS

Trout

2 flounder, 400 g-500 g each, cleaned and scored on top side
1 fennel, sliced vertically 1.5 cm thick, reserve the fronds and stalks
1 Spanish onion, peeled, quartered
250 g heirloom tomatoes
3 garlic cloves, skin on
3 sprigs of thyme
1 tablespoon olive oil
Juice of 1 lemon
Freshly ground pepper and Sea Salt

Caper butter

2 anchovies
25 g Lilliput capers, soaked in water, drained
2 teaspoons Dijon mustard
2 teaspoons tarragon, chopped
2 teaspoons flat leaf parsley, chopped
¼ bunch basil leaves, sliced very thinly
20 ml lemon juice
250 g unsalted butter, diced
Sea Salt and white pepper to taste

To serve

Fennel fronds

METHOD

1. Pre-heat oven on Fan Plus at 180°C.
2. Place the sliced fennel and Spanish onion on a baking paper lined universal tray. Bake for 20 minutes.
3. Move the fennel slices to one side of the tray. Lay out the fennel stems (without fronds) on the paper and sit the fish on top. Place the tomatoes next to the fennel slices. Add the thyme and garlic cloves. Drizzle with olive oil the lemon juice. Season with salt and pepper.
4. Change the function to Combination mode. Select Fan Plus at 180°C + 60% moisture and bake for 15-20 minutes or until the fish is cooked through.

Caper butter

1. Combine all ingredients in the bowl of a food processor and blend until almost smooth. Set aside until required.

To serve

1. Warm the caper butter in a pan on low heat, Induction setting 4 until heated through.
2. Carefully transfer the fish to a warm serving platter, strew the fennel slices, onion and tomatoes around the fish. Drizzle with caper butter and a sprinkling of sea salt.
3. Garnish with fennel fronds.

Hints and tips

- Excess caper butter may be frozen for later use.