

Roasted Black Cod with Fennel-White Bean Mash

Category: Seafood

Servings: 4

Rating: 10

Source: Lemeac Restaurant

Description:

This is a delicious, unusual dish with complex flavors. I used halibut fillet and it worked just fine but would like to try it with scallops.

Ingredients:

olive oil	1/4 cup
hazelnut oil	2 Tbsp.
balsamic vinegar	2 Tbsp.
red grape tomatoes	16 (red or yellow), halved
chives	2 Tbsp., chopped
salt and pepper	to taste
canned cannellini bean	1 540 ml tin, rinsed and drained
olive oil	2 Tbsp.
fennel bulb	1 small, finely diced
fresh rosemary	1 sprig
sage	2 leaves
pernod	4 tsp. or other licorice flavored liquor
olive oil	3 Tbsp.
Black cod fillets	4 6 oz. (or may use large scallops or even halibut)
salt and pepper	to taste
hazelnuts	3 Tbsp., coarsely chopped, lightly toasted
chives	1 Tbsp. finely chopped

Instructions:

1. Make a vinaigrette by whisking oils with balsamic in a small bowl. Stir in tomatoes and chives, season with salt and pepper and set aside.
2. Place beans in a bowl and mash coarsely with a fork. Heat oil in a frying pan over a medium heat.. Add fennel, rosemary and sage and cook until fennel is tender and tinged with gold, 3 or 4 minutes. Remove rosemary and sage and stir in Pernod. Add beans and stir until well combined and heated through. Season and

keep warm.

3. Preheat oven to 450. Heat 3 Tbsp. olive oil in a large oven-safe frying pan over medium-high heat. Season fish with salt and pepper and place, skin side up in pan. Cook 1 to 2 minutes, or until golden. Flip fish, then place pan in oven for 5 minutes, or until fish is just cooked.

4. Divide bean mash among four bowls, top with a piece of fish and drizzle with the tomato vinaigrette.
Garnish with hazelnuts and chives.