

Roasted Barramundi with Fennel and Orange

Yield: Serves 4

Ingredients:

2 tsp fennel seeds
1 tsp kosher salt
4 ea blood oranges (or Valencia oranges)
1 ea fennel bulb – medium, stems removed, sliced, a few fronds saved for garnish
2 cloves garlic – minced
3 Tbsp olive oil – divided
4 ea barramundi fillets (about 4-5 oz ea)
1 ea shallot – sliced
1 tsp black peppercorns
2 sprigs thyme – left whole
½ cup dry white wine

Method:

- Preheat oven to 400°F.
- Toast fennel seeds in a small sauté pan over medium heat until fragrant. Place toasted fennel seeds and salt together in a spice blender and grind together. Set aside.
- Zest two of the four oranges, set zest aside.
- Remove segments from two of the four oranges by cutting between the membranes to have clean, bright segments. Set aside.
- Juice remaining two oranges, set juice aside.
- In a large bowl, combine the sliced fennel, the garlic, 2 Tbsp olive oil and ½ of the fennel salt and ½ of the orange zest. Toss to combine and spread out on a foil-lined baking sheet.
- Roast fennel for 8 minutes, remove from oven.
- While fennel is roasting, brush barramundi fillets with remaining 1 Tbsp of oil and season with remaining ½ of the fennel salt.
- Push some of the roasted fennel to the side, and place the barramundi fillets amidst the fennel on the sheet. Scatter the orange segments around the fennel and fish, and return to the oven until fish is cooked through and fennel is tender – about 10-15 minutes more.
- While the fish is finishing off, place the reserved orange juice, shallot, pepper corns, thyme, white wine and remaining ½ of the orange zest in a small sauce pan. Simmer over medium-high heat to reduce by half, and then strain sauce.
- When fish is cooked, remove from oven, transfer fish and fennel to a large serving tray, and spoon sauce over fish fillets. Garnish with reserved fennel fronds. Serve immediately.