



ROASTED SALMON WITH POTATO & FENNEL IN A CREAMY HERB SAUCE

by Tim Bone

MAKES: 6

INGREDIENTS

6 SALMON FILLETS, SKIN OFF
800 RED POTATOES
2 FENNEL BULBS, FRONDS RESERVED FOR GARNISH
1/2 RED ONION, THINLY SLICED
2 TBSP CAPERS
6 SLICES OF LEMON

FOR THE CREAMY SAUCE

4 CLOVES OF GARLIC, FINELY CHOPPED
1 TBSP CHOPPED DILL
1 TBSP CHOPPED PARSLEY
ZEST OF 1 LEMON
600ML THICKENED CREAM
1/4 CUP DIJON MUSTARD
GOOD PINCH OF SALT AND PEPPER

METHOD

1. PREHEAT OVEN TO 200°C
2. THINLY SLICE THE POTATOES, FENNEL AND RED ONION, LAYERING INDIVIDUALLY INTO THE PAN.
DRIZZLE WITH OLIVE OIL AND SEASON WITH SALT AND PEPPER.
3. FOR THE CREAM MIXTURE, MIX TOGETHER THE CREAM, DIJON MUSTARD, DILL, PARSLEY, GARLIC AND LEMON ZEST.
SEASON WITH SALT AND PEPPER. POUR CREAM MIXTURE INTO THE PAN AND BAKE IN THE OVEN FOR 30 MINUTES
OR UNTIL THE POTATOES HAVE STARTED TO SOFTEN.
4. PLACE THE SALMON FILLETS ON TOP, SEASON WITH SALT AND PEPPER AND TOP EACH WITH A SLICE OF LEMON.
DRIZZLE WITH OLIVE OIL. SPRINKLE BABY CAPERS AROUND THE PAN, PLACE BACK IN THE OVEN, REDUCE THE TEMP TO 180°
AND COOK FOR A FURTHER 15-20 MINUTES OR UNTIL THE SALMON IS COOKED TO YOUR LIKING.
5. REMOVE FROM THE OVEN AND GARNISH WITH CHOPPED PARSLEY AND RESERVED FENNEL FRONDS.
6. SERVE DIRECTLY FROM THE PAN AND ENJOY!



Stanley Rogers