



Recipe of the Week

FETTUCINE WITH FISH, FENNEL & LEMON

Florence or bulb fennel is really easy to grow and swells rapidly in the cool of spring and holds better at this time of year rather than later on in the heat of summer.

Ingredients

400g fettuccine
3 tabs olive oil
1 fennel bulb, coarse outer leaves removed and bulb thinly sliced
Grated zest of 1 lemon
2 cloves garlic, finely chopped
600g skinned and boned firm white fish fillets, diced 3cm
50ml Pernod or ouzo
½ cup Kalamata pitted olives
6 anchovy fillets, chopped
200ml cream
3 tabs chopped flat leaf parsley

Method

1. Drop the fettuccine in a large saucepan of well-salted boiling water, stir until it comes back to the boil and cook until al dente. Remove from the heat, drain and reserve.
2. Meanwhile, heat the oil over moderate heat and add the fennel, lemon zest and garlic. Fry gently for 5 minutes until lightly browned then add the fish.
3. Mix well and fry until just coloured. Add the Pernod and set it alight. When the flames have died down, stir in the olives, anchovies, cream and parsley.
4. Mix well and bring back to the boil by which time the fish will be just cooked.
5. Taste, season and toss with the hot fettuccine.