

Roasted Alaska Sablefish with Charred Fennel



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: 4

Ingredients:

Olive oil

4 Alaska sablefish loins or fillets, approx. 180g each

Sea salt flakes

Freshly ground black pepper

2 fennel bulbs, cut into 2cm slices, keep the fronds to serve

2 large blood oranges, cut into 5mm slices

Juice of 1 lemon

Blood Orange Aioli

2 egg yolks

1 tsp Dijon mustard

Sea salt flakes

200ml olive oil

Zest of 1 blood orange

Description:

Preheat the oven to 200°C/375°F/Gas mark 6.

First make the aioli by whisking the egg yolks and mustard together with a pinch of salt. Slowly add the oil in a steady stream, whisking to a thick consistency. Stir in the blood orange zest and leave in the fridge until needed.

Heat a good glug of olive oil in a large frying pan over a medium heat. Season the sablefish with a little salt and pepper and then place in the frying pan. Fry until golden, which should take roughly 2 minutes. Flip them over and cook for a further 2 minutes on the other side. Remove from the pan, place on a baking tray and leave to one side.

Add another glug of olive oil to the frying pan and add the fennel. Cook until golden, remove from the pan and place in the baking tray with the black cod. Put the blood orange slices into the frying pan and cook for about a minute on each side until they start to caramelize slightly. Remove from the pan and add to the baking tray with the other ingredients. Check the seasoning.

Put the baking tray in the preheated oven for about 6 - 7 minutes until cooked through. To plate, drizzle with the lemon juice and scatter the fennel. Serve with the blood orange aioli.

Photo credit: Steve Lee