

# FENNEL STUFFED SALMON

Fennel's mild anise flavor and natural sweetness pairs beautifully with salmon. If you've never prepared fennel before, be sure to read the "Learn More About..." section.

**by Corporate Chef Kurt Kwiatkowski**

**Featured Food:** Fennel

**Yield:** Serves 4

## Ingredients

1 fennel bulb, cored and diced to yield about 2 c.	1 t. fresh thyme, chopped
3 T. olive oil, divided	Zest of ½ lemon
2 T. orange juice	Kosher salt, to taste
¼ red apple, small diced	White pepper, to taste
1 T. unsalted butter	4 (6 oz. each) salmon fillets
1 T. + 1 t. honey	Juice of ½ lemon
1 T. fresh parsley, chopped	

## Preparation

Sauté diced fennel in 1 Tablespoon of olive oil until lightly golden and starting to soften.

Deglaze pan with orange juice, and add apple. Sauté for one minute; remove from heat. Add butter and honey; once absorbed, add parsley, thyme, lemon zest, salt and pepper. This mixture can be made a day ahead and refrigerated until ready to use.

Remove skin from fillets. Make a slit lengthwise over the top of each fillet, leaving ½-inch on each end uncut. Place some of the reserved lemon juice in the cavity and season with salt and pepper. Place ¼ of the filling inside each fillet. Place in shallow baking dish. Brush olive oil over the top and bake at 350°F for 8-10 minutes.