

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.