

Orange and Fennel Roasted Cod

Recipe Cookbook: Food and Wine Quick from Scratch

Chapter: Fish & Shellfish

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Prep Time: 10 minutes

Cooking Time: 50 minutes

INGREDIENTS:

2 fennel bulbs (about 1 pound each), including fronds

1 TBS cooking oil

1 tsp salt

1/2 tsp fresh ground black pepper

1/4 C fresh orange juice

1 tsp grated orange zest

1/4 tsp fennel seeds

2 lbs cod fillets, cut to make 4 pieces

DIRECTIONS:

Heat oven to 450° F. Cut off tops of fennel bulbs & chop the leafy fronds. Cut each bulb into 8 wedges. In a large roasting pan, toss the fennel wedges with the oil & 1/4 tsp each of the salt & pepper. Spread fennel in an even layer & roast 25 minutes. Stir fennel & rotate pan so vegetables cook evenly. Roast 15 minutes longer.

Meanwhile, in glass or stainless-steel bowl, combine orange juice, orange zest, fennel seeds & remaining 3/4 tsp salt & 1/4 tsp pepper. Add cod & marinate while the fennel roasts.

Remove pan from oven & top fennel with the cod + its marinade. Roast till cod is just done (about 10 minutes for 3/4-inch-thick fillets). Sprinkle chopped fennel fronds over cod.

Wine Recommendation: Fennel is particularly nice when paired with a full-flavored acidic white such as a Chenin Blanc (e.g., Vouvray) or Sauvignon Blanc (e.g., Sancerre).

Serves: 4