

Fish - Under Review

- [Saffron Fish Stew With Fennel & Leeks](#)

Saffron Fish Stew With Fennel & Leeks



Ingredients

- 220g cherry tomatoes on the vine, halved
- 1 bulb of fennel, halved and very finely sliced
- 2 cloves of garlic, crushed
- 1 small leek, halved and finely sliced
- 2 strips of orange zest
- 1 bay leaf
- a good pinch of saffron threads
- 500ml good fish stock
- 50ml olive oil
- 500g mixed fish fillets (think salmon, smoked haddock, cod, large raw prawns)
- sea salt flakes
- 1 lemon, juice only
- frondy fennel tops or a few sprigs of fresh dill, to serve (optional)
- crusty bread and butter to serve

Method

1. Preheat the oven to 180°C fan/200°C
2. Tip everything except the fish, salt, lemon juice and fennel tops or dill into a small deep roasting tin or lidded casserole dish. Don't forget the tomato vines for flavour. Cover the dish tightly (foil or lid) and bake in the oven for 20min.
3. Cut the fish fillets into 3cm pieces
4. Remove the dish from the oven after 20min and squash the tomatoes down with a wooden spoon.
5. Add the fish and return the dish to the oven uncovered and cook for a further 7 or so minutes
6. Fish out the tomato vines
7. Taste and adjust the seasoning with salt and lemon juice as needed, scatter over the fennel tops or dill

Notes

- Serves 4