

Fennel & Dill-Roasted Turbot

This is a real crowd-pleaser of a recipe, combining sublime roasted turbot with dill, fennel, garlic and potatoes. We used two whole turbot in our CENA Cooking Series video, but you can use any flat fish if you struggle to source fresh turbot.

METHOD

Ask your fishmonger to prepare the whole fish for you, removing the innards and trimming the fins if needed. Keep the fish whole and on the bone for this recipe. Preheat your outdoor grill or BBQ to around 190°C and ensure you have plenty of foil to hand!

Cut back the softer, greener fronds from the top of the fennel bulbs and remove the more coarse, outer layers. Then, using a sharp knife, finely slice the fennel from top to bottom. Scrub and slice the potatoes – they should be a similar thickness to the fennel (aim for 2-3 mm for both). Peel and crush the garlic.

Combine the dill, potato and garlic in a bowl with a slug of olive oil, salt and pepper. Then take two sheets of tin foil (large enough to envelop the fish and vegetables), add a sheet of baking paper to each and divide the fennel between them – making a pile in the centre of each piece of foil. Place the fish on the fennel, top with the potato, garlic and herb mix and split the butter, wine and lemon juice between each parcel before seasoning with salt and pepper.

Bring the four corners of each foil sheet together and twist to seal the parcels. Then bake on a tray in the pre-heated BBQ for 20-25 mins. Serve by piling the potatoes on each plate and then gently sliding the fillets off the backbone. Place a fillet on top of each pile of softened potatoes and fennel and serve with a glass of crisp white wine.

INGREDIENTS

- 2 large, fresh flatfish - for example plaice, sole, dab, flounder or small turbot if you can source them.
- 2 large, firm fennel bulbs
- 4 cloves of garlic
- 400g of new potatoes
- 1 glass of white wine
- 100g butter
- The juice of half a lemon
- Olive oil
- Maldon sea salt
- Black pepper
- 1 bunch of dill, roughly chopped, nothing too fancy