



The Turbot fillets were quite small to be honest. But they were half price. They also gave us an excuse to use up some Clams we have had in the freezer for quite a while.

Ingredients:-

2 Turbot Fillets
1 Bulb of Fennel, thinly sliced
300g of Potatoes, thinly sliced
1 Onion, sliced
A Pinch of Chilli Flakes
A Pinch of Fennel Seeds
250g of White Cooking Wine (Cheap Wine, that you'd rather not drink!)
1 Lemon, cut into wedges
2 Tbsp of Dried Tarragon. One for the sauce, the remainder to garnish
Clams
Olive Oil
Salt & Pepper to season
Chopped Parsley to garnish (We grow our own)

Method:-

- (1) Bring a pan of Salted water to the boil.
- (2) Blanch the Fennel and Potatoes for 3 minutes.
- (3) Transfer to a roasting tin.
- (4) Add the Onions, Chilli Flakes, Fennel Seeds and a good drizzle of Oil.
- (5) Toss everything together to coat.

- (6) Roast in a pre-heated oven at 180c for 10 minutes. Turning half way through.
- (7) Remove from the oven and pour over 125ml of the Wine and add half of the Lemon Wedges.
- (8) Add half of the Tarragon and season with Salt & Pepper.
- (9) Place the Turbot Fillets on the top and again drizzle with Olive Oil and season with Salt & Pepper.
- (10) Roast for 20 minutes.
- (11) Add the Clams and remaining Wine.
- (12) Roast for a further 10 minutes until the Fish is cooked through and the Clams have opened.
- (13) Scatter over the Parsley, remaining Tarragon and squeeze over the remaining Lemon before serving.

This was a really clean and fragrant dish. Definitely a spring / summer meal.