

MARGUERITE'S ELEGANT HOME COOKING

BAR AUX ANCHOIS, FENOUILS CONFITS

SHOPPING LIST :

6 SEA BASS FILETS, 1 EGG, 1 PIKE QUENELLE, 6 ANCHOVIES, 1 BUNCH OF DILL, ½ TABLE SPOON CRUSHED GARLIC, 1 TABLE SPOON MUSTARD, 2 TABLE SPOONS CRÈME FRAÎCHE, 2 LEMONS, SALT AND PEPPER, OLIVE OIL, 6 FENNELS, 2 TABLE SPOONS HONEY

STEP	WHAT TO DO	WHAT YOU NEED (SERVES 6)	MARGUERITE'S TIP
1	Boil the egg. Poach the quenelle for 10 minutes. Chop the dill and the anchovies.	1 egg 1 pike quenelle 6 anchovies 1 bunch of dill	
2	Mash with a fork : The egg yolks, the quenelle, the dill, the anchovies, the cream, the mustard, the lemon, the garlic. Mix well and season with salt and pepper.	½ table spoon crushed garlic 1 table spoon mustard 2 table spoons crème fraîche ½ lemon Salt and pepper	You must use a thick cream, in between sour cream and double cream.
3	Pre heat the oven at 440°		
4	Brush some oil on the filets. Spread the stuffing and roll them carefully, using a toothpick to "close". Place the rolls in an oven proof dish and cook for 15 minutes.	6 sea bass filets Olive oil	
5	For the fennel: Wash them carefully and remove the outside leaves. Mince them thinly. Heat the oil in a sauté pan and sauté the fennels in it for 5 minutes. Add the lemon juice and the honey, season well and lower the heat. Cover and cook for 15 minutes.	6 fennels 1 1/2 lemon 2 table spoons honey Olive oil Salt and pepper	Everything can be prepared except the last 15 minutes cooking time of the fish and fennel. 15 minutes before serving the fennel can be steamed in the sauté pan and the fish can be cooked in the oven.