



**Miele**

# Snapper fennel and broad beans with anchovy butter

By Shannon Bennett

**20 minutes**

Prep time

**30 minutes**

Cooking time

**4 Servings**

Serves

## INGREDIENTS

4 x 150g pieces of snapper, middle cut  
Murray River Sea Salt and white pepper  
to taste

### Braised fennel

2 bulbs baby fennel, cut into thin wedges  
375ml chicken stock  
50g butter  
1 tablespoon olive oil  
Large pinch Murray River Sea Salt  
4 thyme sprigs

### Anchovy butter

100g butter  
5 Ortiz anchovies, drained, chopped, oil  
reserved  
1 tablespoon Murray River Sea Salt  
Finely grated zest of 1 lemon  
1 tablespoon Lilliput capers, rinsed

### Broad beans

150g double peeled  
broad beans

### To serve

Pineapple sage  
Marigold petals  
Nasturtium leaves  
Borage flowers

## **METHOD**

### **Braised Fennel**

1. Place fennel in a casserole dish. Pour the chicken stock over the fennel and dot with butter. Season with salt. Lay the thyme sprigs on top of the fennel.
2. Select Fan Plus 180°C and place fennel in the oven on shelf position 1, cook for 30 minutes, or until cooked through and softened. Remove from the oven and set aside in a warm place until required.

### **Anchovy butter**

1. Melt the butter with the anchovies and zest in a small pan on medium heat, Induction setting 6. Cook to a temperature of 130°C, when tested with a food thermometer, stirring occasionally. Add capers and stir to combine. Set aside.

### **Snapper**

1. Place the fish on a baking paper lined perforated steam tray. Steam at 85°C for 5 minutes. Depending on thickness of the fish, it may need another 1-2 minutes.

### **Broad beans**

1. Place broad beans in a perforated steam tray and Steam at 100°C for 1 minute.

### **To serve**

1. Place the fennel wedges in the centre of each plate. Top with the fish.
2. Scatter the broad beans around the plate along with the herbs and flowers.
3. Drizzle the anchovy butter over the fish. Serve immediately.