



WINEMAKER'S SELECTION

Roasted Fresh Fish stuffed with Crab Meat and Roasted Fennel Bulb served with Grenache Blanc Poached Shallots and whole roasted Garlic

4 Servings

Prep Time: 45 min

Baking Time: 20 - 25 min

INGREDIENTS

- 4 x 300 g fresh whole fish like Cape Bream or Silver Fish
- Olive oil
- Salt and pepper
- 1 large fennel bulbs and leaves roughly chopped or sliced
- 1 tablespoon of butter and a dash of olive oil
- 200 g of cooked shredded crab meat
- Pinch of saffron
- Fresh lemon
- 12 large shallots cleaned
- 3 tablespoons of butter
- 500 ml of KWV Grenache Blanc
- 8 heads of garlic

NOTES AND TIPS

- Oven 220 degrees celsius

DIRECTIONS

Pat the fish dry with a lemon soaked dishtowel rub with olive oil and season with salt and pepper.

Roast the chopped fennel in butter and a dash of olive oil until golden brown, season with salt and pepper, set aside to cool down and mix with the shredded crab meat, the pinch of saffron and season to taste.

Stuff the fish with the crab meat stuffing and tie up with kitchen string, place on an oven tray.

Squeeze fresh lemon juice and a dash of olive oil over and season with salt and pepper.

Add the cleaned shallots to a skillet and sauté gently in the butter until golden brown, add the wine to the pan, lower the heat and let the juices reduce.

Bake the fish in a hot 200-degree oven for 20 to 25 minutes until golden brown.

Enjoy with a glass of Mentors Grenache Blanc!

