



Fresh. Simple. Sustainable.

Oven Roasted Skate Wing with Fennel

Art de Fête

2 skate wings
2 fennel bulbs, fennel fronds reserved
¼ cup low-sodium chicken or vegetable stock
1 tablespoon butter
1 tablespoon olive oil
½ lemon, thinly sliced
Salt and freshly ground black pepper

Make the fennel: Using a mandoline slicer or a very sharp knife, slice the fennel bulbs thinly. Heat olive oil and butter in a large saucepan on medium heat. Add fennel slices and sauté for 5-8 minutes, stirring frequently, until softened but not browned. Season with salt and freshly ground black pepper. Transfer to a roasting tin in a single layer and pour the broth on top.

Preheat the oven to 425°. Season skate wings with salt and freshly ground black pepper and place the wings on the bed of fennel. Place 3 thin lemon slices on each fillet and roast the fish for 25-30 minutes depending on its size.

Once baked, garnish the fish with fennel fronds and serve hot!

Serves 2 to 4