



Recipe from: [My Catholic Tradition](#)

Haddock with Fennel Butter

SERVES FOUR

Ingredients

- 1 1/2 lb haddock fillet, skinned and cut into 4 portions
- 1/4 cup butter
- 1 lemon
- 3 tbsp coarsely chopped fennel

Preheat the oven to 425°F.

Season the fish on both sides with salt and pepper.

Melt one-quarter of the butter in a frying pan, preferably non-stick.

Cook the fish over a medium heat briefly on both sides.

Transfer the fish to a shallow ovenproof dish.

Cut four wafer-thin slices from the lemon.

Squeeze the juice from the remainder over the fish.

Place the lemon slices on top of the fish.

Bake for 15–20 minutes, or until the fish is cooked.

Meanwhile, melt the remaining butter in the frying pan.

Add the fennel and a little seasoning.

Transfer the cooked fish to plates.

Pour the cooking juices into the herb butter.

Heat gently for a few seconds and then pour the herb butter over the fish.

Serve immediately with roasted baby new potatoes and herb salad.