




White fish and fennel potjie

A nice, quick potjie that's full of flavour.

 Less than 1 hour **Serves:** 4

Recipe Type: Mains

Ingredients

Main ingredients

1 large fennel bulb
.....
2 tbsp PnP olive oil
.....
1 PnP onion, sliced into petals
.....
2 PnP garlic cloves, lightly crushed
.....
1 dash salt and milled pepper
.....
1.2 kilograms kingklip, or any other
firm fish, cut into large chunks
.....
125 ml PnP dry white wine
.....
1 cup fish stock
.....
1 can chopped and peeled tomatoes,
(410g)
.....
1 tsp PnP sugar
.....
2 PnP lemons, peel grated
.....
125 ml PnP parsley, chopped
.....
1 loaf crusty bread, to serve
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Method

- **Slice** fennel bulb and stalks, reserving the fronds.
- **Pour** oil into a potjie pot and sauté fennel, onion and garlic until the onion is soft and caramelised.
- **Season** fish and add to potjie.
- **Pour** over wine, fish stock and tomatoes.
- **Stir** in sugar and lemon zest and cover.
- **Cook** over low coals for 30 minutes.
- **Add** parsley and chopped fennel fronds and serve with crusty bread.