

Prosciutto Wrapped Kingfish with Flageolet Bean Stew, Cherry Tomatoes and Fennel Butter

Wine Pairing: Longview
Nebbiolo Riserva
Serves: 6

Prep Time: 40 min
Cooking Time: 2 hr 30 min

Instructions

- 1:**
Drain beans and place in saucepan, cover with cold water. Bring to the boil and simmer for 10 minutes, drain.
- 2:**
Heat oil in heavy based saucepan, add onions, celery, fennel, leeks, bacon and thyme. Cook over low heat partially covered while stirring frequently until soft. Add the beans and stock. Cover and bake in oven on 180°C for 2 hours or until beans are tender.
- 3:**
For fennel butter, process butter, fennel seeds and parsley, add in lemon juice slowly while machine is on. Remove from processor and shape into log using glad wrap and foil. Refrigerate before cutting in to rounds.
- 4:**
Drizzle kingfish with olive oil, salt and pepper. Lay 2 pieces of prosciutto flat, one piece of kingfish and wrap. Pan fry in a little olive oil to crisp prosciutto, then in to oven at 180°C for 8 minutes.
- 5:**
Serve fresh stew into bowls, place Kingfish immediately out of the oven on top and then garnish with a portion of fennel butter.

Ingredients

6 x 220g kingfish fillets
Pin boned

12 slices of prosciutto
1 tsp sea salt
1 tspn cracked black pepper

FLAGEOLET BEAN STEW

300g dried flageolet beans
Soaked in cold water overnight

4 Tbsp olive oil
2 onions, finely chopped
2 stalks celery, finely chopped
2 bulbs fennel, finely chopped
2 leeks, finely chopped
150g bacon, finely chopped
4 sprigs thyme
1L chicken stock
2 punnets grape tomatoes
200g green peas
4 Tbsp chopped parsley
2 Tbsp chopped chervil

FENNEL BUTTER

200g softened butter
Juice of 1 lemon
2 Tbsp parsley, finely chopped
3 tsp fennel seeds,
Dry roasted and coarsely ground

