



# Citrus Poached Fish Croquettes w/ Fennel Salad

Makes 8 large or 16 small  
croquettes

This recipe looks complicated, but it isn't. I broke down the steps to make it easy to follow. As always, read through the whole recipe to make sure you have all the ingredients and necessary equipment handy.

Anise (licorice) is one of those polarizing flavors – you either love it or you hate it. If you're a lover, this recipe is for you! It's meant to be served cold or room temperature, but you could serve it hot right out of the pan too.

## Ingredients

6 lemons	1 C mayonnaise
5 large oranges	1 TBSP extra virgin olive oil
2 fennel bulbs with tops	1 TBSP vegetable oil
1 star anise	¼ C matzo meal
1½ tsp ground anise seeds	1 large egg
¼ C pitted Kalamata olives, cut in half	½ LB salmon + ½ LB firm white fish
	OR
	1 LB salmon

## Prepare the Ingredients & Set Aside

### Prep the Citrus

1. Zest 2 of the lemons & 1 of the oranges.
2. Into 1 bowl or measuring cup, juice 5 of the lemons (including the ones you zested) & 2 oranges.
3. Slice 1 lemon and 1 orange, leaving the skin on.
4. For the last 2 oranges, remove the skin & slice.

### Prep the Fennel

5. Cut the tops off the fennel. Roughly chop 1 fennel top
6. From the other fennel bulb, finely chop just the fronds, reserving a few whole for garnish.
7. Dice ½ of 1 fennel bulb small.
8. Slice the other 1½ bulbs very thin..
  
9. Cut olives in half.

## **Make Fish Patties**

10. In a small bowl, mix the egg, vegetable oil, 2 TBSP citrus juice, half of the chopped fennel fronds, matzo meal & S&P to taste.
11. Roughly chop the fish by hand; then process in food processor, pulsing to finely chop, but not completely smooth. Remove fish to bowl.
12. Put diced ½ fennel bulb in processor, pulse to chop very small. Add to fish.
13. Add egg & matzo meal mixture to fish; combine by hand. Set aside.

## **Make Poaching broth & Poach the Fish**

14. In a large pan, combine 1 C citrus juice, 1 C water, the sliced lemon & orange (with skin), the roughly chopped fennel top & the star anise. Bring to a boil; turn down to simmer.
15. Using a quarter C measure, form the fish mixture into oval patties; gently place in poaching broth. Cover and simmer for 15 minutes.
16. When finished; gently remove patties from pan and drain on paper towel or cookie rack.

## **Make Salad and Sauce**

17. In a small bowl, mix the mayo with 4 TBSP of the citrus juice, the ground anise, about 2 TBSP of the chopped fennel frond and S&P to taste.
18. On a large platter, place the sliced skinless oranges & sliced fennel in alternating pattern around the platter. Scatter olives.
19. Drizzle with olive oil, S&P.

## **Assemble and Serve**

20. When fish is cool; place patties on top of salad; drizzle with sauce. Garnish with fennel fronds. Place additional sauce in bowl to pass.



From [KugelChronicles.com](http://KugelChronicles.com)