

## **Pan Seared Fresh Fish with Creamy Fennel Ragout**

4 thick cut sliced bacon, cut crosswise into 1/4-inch-wide strips  
3 tablespoons olive oil  
2 fennel bulbs (2 lb), stalks discarded and bulbs cut lengthwise into 1-inch wedges  
1/4 teaspoon salt  
1/8 teaspoon black pepper  
1 3/4 cups chicken broth (14 fl oz)  
2/3 cup heavy cream  
1/4 cup chopped drained \*Pomodorraccio semi-dried sun tomatoes (packed in oil)  
2 garlic cloves, finely chopped  
4 (7-oz) pieces cod, halibut, tilapia, or other mild fresh fish fillet (about 1 inch thick)  
1 tablespoon Dijon or \*Edmund Fallot honey balsamic Dijon mustard  
Garnish: fennel fronds

Cook bacon in a 10- to 12-inch heavy skillet over moderate heat, stirring occasionally, until slightly crisp, 6 to 8 minutes. Transfer bacon with a slotted spoon to a bowl. Add 1 tablespoon oil to fat in skillet, then cook fennel with salt and pepper over moderate heat, turning occasionally, until lightly browned, 6 to 8 minutes.

Add broth, cream, tomatoes, and garlic to fennel and cook, partially covered, over moderately low heat, stirring occasionally, until fennel is tender and cream is slightly thickened, about 20 minutes.

While fennel cooks, heat remaining 2 tablespoons oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking. Season fillets with salt and pepper, then sauté 4 minutes. Turn over and sauté until just cooked through, about 3 minutes more.

Stir mustard and bacon into fennel ragout and season with salt and pepper. Serve cod over fennel ragout. Serves 4

*\*Make sure your left over Pomodoraccio tomatoes are covered in the oil before refrigerating the remainder. This will prevent them from molding. When the tomatoes are used, reserve the oil to use in your favorite pasta recipe or vinaigrettes. It is delicious!*

*\*Edmund Fallot has made mustard at Beaune in Burgundy since 1840 in accordance to traditional methods. Always search a making process of quality in the mustard-maker's craft: seeds selected for their quality are still ground as in the past with millstones. Millstones avoid damaging the heat-sensitive seeds and preserve their flavors. They helped the Dijon mustard to earn a worldwide reputation for quality. Throughout the centuries, the Ets. Fallot manages to keep the traditional flavors of their mustards.*