

Wine Pairing: Fish with Fennel

This simple Mediterranean fish preparation pairs well with Grenache Blanc or Roussanne, or blends of those. Try it with one of the fresh, vibrant whites from 2008: *Grenache Blanc*, *Esprit de Beaucastel Blanc*, *Roussanne* or *Côtes de Tablas Blanc*.

Ingredients:

1 lb. meaty, flaky white fish (like cod)
1 bulb fennel, sliced
1 shallot, sliced
4 cloves garlic, roughly chopped
4 small plum tomatoes, peeled and diced
2 tbsp olive oil
1 1/2 cups dry white wine
juice of 1/2 lemon
1 large sprig parsley, chopped
fresh-ground black pepper
salt

Heat olive oil over medium heat in a large saucepan.

Add the fennel and shallots and saute for a few minutes until they start to soften.

Add garlic and saute for 2 minutes.

Add wine and turn heat up to medium-high. Boil for 3 minutes.

Add tomatoes and boil for 2 minutes.

Submerge fillets in bottom of saucepan; add salt and pepper to taste.

Cover, reduce heat to low and cook until fish flakes easily -- about 10 minutes.

Add lemon juice, and correct seasonings.

Ladle into bowls, top with parsley, and serve with crusty bread for dipping.