

Flying Inspiration

Fly with the feminine

Gabriella Guglielminotti Trivel's recipes

Herrings with fennel

Suggestions: a very nourishing and tasty winter dish full of minerals like phosphorus, iron, magnesium, calcium, potassium, sodium, zinc, manganese, selenium, copper, omega 3 fatty acids and vitamins of the B group, A, C, E, K and D.

Instructions

herrings



sea salt



chillies



Wash some fresh herrings, dry them and put some salt, sliced garlic and fresh sliced chillies in their belly.

**extra virgin
olive oil**



Spread some extra virgin olive oil in an oven dish and place the herrings in it, add some sliced fennel, sliced garlic and chillies.

sea salt



Sprinkle everything with a bit of salt, lemon juice and put it in the oven at a high temperature. Check that the fish doesn't get dry too much and too quickly.

coconut milk



white wine

Add some coconut milk and later on some white wine and turn the herrings on the other side carefully, as they are a delicate fish and they break easily. Let it all cook gently until you see that the fish is soft as well as the fennel. Serve the fish with the sauce that formed in the oven dish.



If you like this recipe, I would like to read your comments!

Contact me on www.flyinginspiration.com