

# Fennel and Rootbeer Marinated Cod

Serving size

4

Preparation time

15 minutes

Cooking time

2 hours

Ingredient(s)

2 t. (10 ml.) fennel seeds

2 cinnamon sticks

1 c. (240 ml.) fennel, sliced

1 bottle of cold root beer

2 T. (30 ml.) canola oil

4 fillets of cod (150 g. each)

2 c. (490 ml.) Shiitake mushrooms, stems removed and very thinly sliced

Canola oil, for frying

salt to taste

Directions

## **Cod preparation**

Heat a frying pan over medium-high heat. Add fennel seeds and toast for four to five minutes. Add oil and fresh fennel, and cook for five minutes. Add cinnamon stick, and deglaze with cold root beer.

Place cod fillets in a plastic with the root beer and fennel marinade. Marinate for one to two hours.

Preheat oven to 400 degrees F. (205 C).

Remove cod fillets from bag and place on a baking tray with parchment paper. Bake fish for eight to ten minutes, or until the edges of the fish have started to char.

Remove from oven, and serve hot.

## **Shiitake "bacon"**

Heat frying oil to 375F (190C).

Deep-fry slices of shitake mushrooms for six to eight minutes, or until crispy and golden brown.

Remove mushrooms from oil using a slotted spoon, and place on a paper towel to drain excess liquid.

Season with salt.

Serve over the fennel and root beer marinated cod with [sweet and creamy bok choy](#).

Associated media





Online link(s)

[Sweet and Creamy Baby Cok Choy](#)