

# Gratin of Crab, Gruyere, Parmesan and Fennel

## What you will need to serve six:

- 1 can lump crabmeat
- 1 garlic clove, crushed
- 4 large fennel bulbs
- 2 tsp. of mix of dried rosemary, thyme bay leaves, fennel seeds chopped
- red pepper flakes to taste
- salt and freshly ground black pepper to taste
- 1 cup each of freshly grated Gruyere cheese, and Parmesan
- 1 cup chicken stock
- cup of coarse dried bread crumbs (always tastier home-made)
- tsp butter cut into bits

## Procedure:

Preheat oven to 425 degrees.

Rub bottom and sides of 8-8 inch baking dish with crushed garlic. Trim fennel bulbs of stems, feathery tops, bruises and tough core. Cut crosswise into thin slices (julienne). Work in layers. Cover bottom of dish with layer of fennel. Sprinkle lightly with each of herbs, red pepper, salt, black pepper; add some of the crabmeat and cheeses. The final layer (third or fourth) you finish off with the cheese, pour chicken stock around the edges and sprinkle bread crumbs on top. When done, dot the top with bits of the butter.

Bake until bubbling and top is golden crusty- about 35/40 minutes.

Remove from heat and let sit for five minutes before serving.

Bon appetite from your fish monger - MR FISH!

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