

MONKFISH WITH SPICY TOMATO COULIS

SERVES 4

A delicious way to serve monkfish. Really good with creamy mashed potatoes or potato cakes, and also good with cardamom carrots.

INGREDIENTS

800 gm filleted monkfish tail	2 fresh bay leaves (dried will do)
Salt	2 sprigs thyme
Grated peel of one lemon	750 g large ripe tomatoes
SAUCE	1 tbsp tomato concentrate
150 ml olive oil	1 pinch sugar
2 cloves garlic crushed	6 peppercorns crushed
60 gm shallot, finely chopped	2 dried chillies crushed

INSTRUCTIONS

Skin, deseed and chop the tomato flesh.

Warm the olive oil and add the garlic, shallot and herbs. Do not fry the ingredients – just warm them gently in the oil. After 2 minutes, add tomatoes, tomato puree, sugar, chillies and crushed peppercorns and cook very gently for about 1 hour, stirring occasionally until all the moisture has evaporated. Remove herbs and blend to make a smooth puree. Season to taste. The sauce will keep in the fridge for a few days. If you want to make it in advance, reheat to serve and add a little olive oil just before serving.

For the monkfish, one hour before cooking rub the fish all over with plenty of salt and the grated lemon peel. Place in the fridge. Sometimes when you cook monkfish you get an unpleasant white liquid which comes out during the cooking, and this process eliminates that problem. Heat the oven to 220°.

When you are ready to cook, wipe the monkfish all over with kitchen roll to remove the salty liquid. Put a drop of olive oil on the fish, and rub it all over to give a thin coating.

Heat a frying pan that can go into the oven. Add a little oil to the pan, and get the pan really hot. Add the fillets, and fry for about 2 minutes. Turn the fillets over, and place the pan in the hot oven for about 8 minutes (depending on the thickness). Meanwhile, gently reheat the sauce.

Remove the fish from the oven. If preferred, slice into thick pieces. Place a little of the sauce on a plate, and top with the monkfish.

NOTE: the amount of chilli is a personal preference. I would suggest that you start with a little less than the amount recommended above, and add a little more when you have tasted the sauce.