

SPICED MONKFISH, CARROT & ORANGE PURÉE, SHREDDED CARROT & GINGER SALAD

Ingredients;

Monkfish

4 x 160g monkfish portions (trimmed)
1 tablespoon vegetable oil
Sea salt & cracked black pepper

For the spice mix

1 teaspoon cumin seeds (crushed)
1 teaspoon coriander seeds (crushed)
Pinch of 5 spice powder
¼ red chilli (deseeded & diced)
1 cm piece of root ginger (peeled & finely diced)
1 clove of garlic (crushed)

For the Carrot & Orange Purée

4 large carrots (peeled & chopped)
2 shallot (peeled & diced)
1 clove of garlic (peeled & crushed)
2 oranges (juiced)
2 tablespoons olive oil
Salt & freshly ground white pepper

For the Carrot & Ginger Salad

2 large carrots peeled & grated
1 X 5cm piece of ginger (peeled & grated)
1 tablespoon olive oil
1 tablespoon chopped fresh chervil
Salt & freshly ground white pepper

Method;

For the spiced monkfish

Toss the monkfish on all sides in the spice mix
On a hot pan, add the vegetable oil
Brown the fish on all sides
Finish in the oven for ¾ minutes
Remove & rest for a few minutes before serving

For the spice mix

Mix all ingredients together in a large bowl

For the Carrot & Orange Purée

In a heavy sauce pot, add the olive oil & gently cook the shallots & garlic for 2 minutes
Add the carrots, season & cook for 3 minutes
Add the orange juice
Cook very slowly for 20 minutes or until very tender
Pulverise the mixture in a food processor

For the Carrot & Ginger Salad

Toss the carrots, ginger & chervil in a large bowl
Season & drizzle with olive oil