

Roast fillet of Monkfish

Category: Entree (Serves 4)

Mandarin Oriental Hyde Park, London
Head Chef, Chris Staines

Ingredients:

100g or 20 pieces of small giroles
30 Asparagus spears
100g Trompette mushrooms
1 (660g) Large fillet of monkfish
2 heads New season garlic
20sprigs Deep fried thyme
200ml Muscat sauce
2 Whites of leek (fine julienne)

For the marinade

50g Tumeric
150g Mild curry powder

For the sauce

3 Shallots (finely chopped)
2 White button mushrooms (finely sliced)
200ml Sweet Muscat or Sauternes wine
200ml Chicken stock
100ml Fish stock
6 Peppercorns
1 Sprig Thyme
100ml Mussel juice
300ml Double cream



Preparation

Sweat your shallots, mushrooms, thyme, peppercorns etc, add the wine and reduce, add the chicken, fish and mussel stock and reduce to about 150ml, add the cream and simmer for 5-8 minutes, cover and infuse for 20 minutes then strain.

Leeks

Cook the leeks slowly in a splash of chicken stock and butter until soft and tender, season and drain.

Very gently fry your mushrooms in foaming butter until soft, season gently, reserve.

Peel the asparagus, cook very quickly in salt water and butter reserve.

Lightly coat the monkfish steaks in the curry powder, mix and season well and in olive oil browning lightly on each side, finish with a knob of butter and reserve.

To dress

Place the leeks in the centre of your bowl, sprinkle the mushroom liberally around the outside, place 5 spears of asparagus around.

Slice the monkfish into five slices and lay on top of the leeks.

Place two spears of asparagus on top of the monkfish and finish with a sprig of thyme, foam your sauce and spoon liberally around.

Weight Measures Conversions:

¼ ounce	8 grams
½ ounce	15 grams
1 ounce	30 grams
4 ounces	115 grams
8 ounces	230 grams
16 ounces	455 grams (1 pound)
2.2 pounds	1 kilogram
1 cup	25 CL - 2.5DL - 250ML