

Garlic infused monkfish, wilted spinach, pea puree with tarragon, beurre blanc sauce

Recipe for 4

Description

A very interesting fish, capable of supporting more aggressive cooking techniques. Accompanied by greens that are more delicate but full of flavors.

Note

Be careful when cooking the monkfish fillet because to the touch, the texture will seem harder than normal.

Adding the frozen peas during the mix helps to achieve a nicer green colour.

Ingredients

Monkfish

- 800 Gr Fillet of monkfish
- 3 Clove(s) Garlic
- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Spinash

- 6 Handful(s) Baby spinach
- 0.50 Unit(s) Lemon zests
- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Pea purée

- 750 Ml Frozen green peas
- 3 Sprig(s) Tarragon
- 1.50 Liter(s) Vegetable stock
- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Beurre blanc sauce

- 2 Unit(s) Shallot
- 120 Ml White wine
- 120 Ml White balsamic vinegar
- 1 Tbsp Fumet dehydrated fish
- 325 Ml 35% cooking cream
- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Finishing touches

- 8 Sprig(s) Arugula young shoots
- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

- Preparation time **30 mins**
- Preheat your **Oven** at **400 F°**

Preparations

Peel the garlic, cut in two lengthwise, remove the germ if necessary.

Make sure the spinach leaves are clean. Zest the lemon.

Heat 1.5L of vegetable broth and keep it hot. Remove the tarragon leaves, chop them coarsely.

Monkfish

With the tip of a knife, make six small incisions in the monkfish fillet and insert the sliced cloves of garlic. Season the filet of salt and pepper all over.

In a hot skillet with a drizzle of vegetable oil, place the monkfish fillet. Add a nice knob of butter, baste the fish with a spoon. Flip the filet, once a nice coloring is obtained. Finish cooking in the oven for another 10 to 15 minutes depending on the size of your fish.

You can now portion your fish if serving in different plates.

Spinash

In a hot pan with a drizzle of olive oil and a nice knob of butter, drop the spinach leaves.

Reduce heat, season with salt and pepper, mix well, add lemon zest, mix again and check seasoning. They will wilt quite quickly.

Green pea purée

Bring the vegetable broth to boil, immerse the peas (only 700 ml, keeping the other 50 ml in the freezer). Allow 10 to 12 minutes to cook.

Using a slotted spoon remove the peas from the stock and place them into a blender. Add salt, pepper, tarragon leaves, the remaining 50 ml of frozen peas and a nice knob of butter.

Mix everything together, if you feel it is too thick you can add a bit of vegetable broth.

Finish with a drizzle of olive oil, check the seasoning, keep warm.

Beurre blanc sauce

In a saucepan, sweat the shallots slightly with a little butter. Deglaze with the white wine, add the balsamic vinegar and let reduce until almost all the liquid is gone (you will get a moist purée of shallot). Pour the cream, bring to the boil and add the fish stock powder. Rectify the seasoning.

Plating

In a plate, place a nice spoonful of pureed peas, flatten it out and then make a nice nest of spinach on top. Place the monkfish on top of the spinach and finish with the lemon zest on top.

Garnish with srpouts and some fresh cracked pepper.

Bon appétit!