

Roast monkfish, pea purée, spinach, fennel petals, raspberries

Recipe for 4

Description

A vacuum cooking technique that allows us to keep fish flesh at its ideal tasting.

Note

Adding a few frozen peas to the blender when making the puree will help keep the puree green.

Ingredients

Monkfish

- 480 Gr Fillet of monkfish
- 2 Tbsp Olive oil
- 1 Clove(s) Crushed garlic

- Butter
- Salt and pepper
- Olive oil

Pea purée

- 0.50 Cup(s) Peas
- 750 Ml Vegetable stock
- 0.50 Handful(s) Frozen green peas

- Butter
- Salt and pepper
- Olive oil

Vegetable and fruit

- 1 Cup(s) Peas
- 6 Handful(s) Baby spinach
- 1 Unit(s) Fennel
- 12 Unit(s) Raspberries
- 0.50 Unit(s) Lemon zests

- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **90 mins**
- Preheat your **Oven** at **400 F°**
- Resting time **10 mins**

Setting up

Cut the fennel bulb into quarters, not too wide, and remove the fennel petals.

Monkfish

Take the thickest part of the fillet, season it with salt and pepper. Pull a good piece of cling film, brush it with olive oil.

Place the monkfish fillet on top, roll it up in the film and close the ends.

Place the fillet as is in a vacuum bag with the crushed garlic, make sure it is well vacuumed. Dip it in the cooking water tank with the thermocirculator.

Cook at 50°C (122 F) for 15 minutes

Once you take it out, sear it on all sides in a hot pan with olive oil. Let it rest for 5 to 10 minutes.

Simply flash it in the oven before cutting it into medallions.

Pea purée

Bring the vegetable broth to a boil, and dip the peas in it. Cook for 5 to 8 minutes. Retrieve the peas with a skimmer and pour them directly into the blender bowl, adding salt, pepper and a small handful of congee. Add a nice dab of butter. Blend, if it looks too thick, add some hot vegetable stock. To finish, add a dash of olive oil, check the seasoning, keep warm.

Vegetable and fruit

Peas Use the broth to blanch (cook) all the peas together, keeping the equivalent of one cup for the vegetable garnish.

Spinach In a hot pan with a drizzle of olive oil and a nice knob of butter, drop the spinach leaves. Lower the heat, season with salt and pepper, mix well, add the lemon zest, mix again and check the seasoning. Gather the spinach into 4 small domes on a pizza pan.

Fennel In a bowl, toss petals with olive oil, salt and pepper. Place on a baking sheet and bake for 10 to 12 minutes. Pay attention to the coloring.

Raspberries Cut the raspberries in half if you wish, you can keep them whole.

Assembly

In the center of your plate, use a pastry bag to make two or three balls of pea purée. Still in the middle, place a dome of spinach.

Place a nice spoonful of peas in the center and add a few fennel petals.

Place a beautiful monkfish fillet slightly astride, cover with sauce, and here and there a few raspberries.

Bon appétit!