

Roast monkfish with chorizo butter, burnt garlic broth, root vegetables

Recipe for 4 pers

Description

A fish that we consider to be the roast of the sea, a meaty flesh that reminds us of meat. With a hint of spice from the chorizo.

Note

Using a wooden toothpick, pierce the monkfish roast. If the toothpick goes in easily, stop cooking the monkfish.

Ingredients

Monkfish

- 600 Gr Fillet of monkfish
- 120 Gr Spanish chorizo
- 200 Gr Softened butter
- 75 Gr Spanish chorizo

- Salt and pepper
- Olive oil

Burnt garlic broth

- 750 Ml Fish stock
- 250 Ml Vegetable stock
- 1 Head(s) Garlic
- 3 Sprig(s) Thyme
- 1 Sprig(s) Rosemary

- Salt and pepper
- Olive oil

Root vegetables

- 250 Gr Rainbows carrots
- 250 Gr Parsnip
- 250 Gr Butternut squash

- Salt and pepper
- Olive oil

Preparation

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

Setting up

Monkfish

Make sure the greyish skin around the monkfish fillets is removed.

Cut the head of garlic in half down the middle (equator).

Prepare the dehydrated fish stock and vegetable broth.

Make sure the butter is at room temperature (ointment), keeping it in a bowl with a wooden spoon.

Cut small sticks of chorizo (120 g) (we'll use them to prick the monkfish fillet).

Cut the remaining chorizo (75 g) into small brunoises.

Root vegetables

Peel the vegetables and cut into sticks.

Monkfish

Chorizo

Prick the monkfish fillets with the tip of a knife and insert the chorizo sticks.

Fry the chorizo brunoise in a hot frying pan, remove and leave to cool. Mix the chorizo brunoise with the butter.

Monkfish fillet

In a hot frying pan with olive oil, sear the monkfish for a few seconds on all sides.

Place on a baking tray lined with baking paper, and brush with chorizo beurre pommade. Bake for approx. 10 minutes (see chef's tip).

Burnt garlic broth

Garlic

In a hot pan with canola oil, place half a garlic head, flesh side down. Be sure to caramelize the garlic heads.

Bouillon

In a saucepan, mix the stock and vegetable broth, then add the thyme and rosemary. Add the burnt garlic heads. Bring to the boil, then lower the heat and allow to bubble gently. Keep warm and pour onto the plate just before serving.

Végétales

In a bowl, combine the vegetables, thyme, salt, pepper and a generous drizzle of olive oil.

Spread out the mixture on a baking tray and bake for around 20 minutes, depending on the size of your cut.

Assembly

In a soup plate, with the garnish at the bottom, place the piece of monkfish roast and pour the burnt garlic broth around it.

Bon appétit!