

Monkfish, Fennel Cream, Pea & Tomato Concasse

by Gordon Scott



NEUROBLASTOMA UK
FIGHTING CHILDHOOD CANCER



Multi-award winning chef patron at The Purefoy Arms in Hampshire, we love this delicious recipe that Gordon has shared with us. And we're sure you'll love it too!

Ingredients for Monkfish:

1 monkfish tail, sinew removed
6 slices of prosciutto
Small bunch of thyme
60g butter
Pinch of salt and pepper
1tbsp of oil

Method:

- 1.Lay out the prosciutto on a layer of cling film overlapping the slices.
- 2.Season the monkfish and place the tail in the centre. Roll the prosciutto around it, tightly wrap in cling film to make a cylinder.
- 3.Leave to set in the fridge overnight.
- 4.Slice the monkfish into two inch rounds and then remove the cling film.
- 5.Place a pan on a medium heat with oil.
- 6.Carefully place the monkfish in the hot pan and colour all the sides until the prosciutto is golden. Add the butter and thyme and baste for another two-three minutes.
- 7.Remove from the pan and leave to rest.

Fennel Cream Ingredients:

75g butter
1 shallots, finely sliced
2 fennel, sliced
2 cloves of garlic, Finley chopped
300ml white wine
300ml veg stock
300ml cream
Bay leaf
Few sprigs of thyme
1 tarragon sprigs
½ tsp peppercorns

Method:

- 1.Start the sauce by cooking off the shallots in the butter until soft (but not coloured).
- 2.Once soft add the garlic, thyme, bay leaf and fennel and cook for a further four-five minutes.
- 3.Deglaze with white wine and reduce by half.
- 4.After the wine has been reduced add the veg stock and reduce by half again.
- 5.Finally add the cream, peppercorns and tarragon, reduce by a third, strain and adjust seasoning.

Pea and Tomato Concasse Ingredients:

- 1 tomato
- 30g fresh Peas
- 1 tbsp finely chopped parsley
- 1 tbsp olive oil
- Salt and pepper

Method:

- 1.Place a large pan of salted water on the stove and bring to the boil.
- 2.Add the tomato to the hot water and blanch for 20-30 seconds.
- 3.Refresh the tomato in ice cold water.
- 4.Carefully peel the tomato and cut into quarters, remove the seeds and finely dice.
- 5.Using the salted water, blanch the peas and refresh them in ice cold water.
- 6.Peel the peas from their skins.
- 7.Mix the tomato, peas, oil and herbs.

Sauteed Shimeji Mushrooms Ingredients:

- 100g of Shimeji mushrooms
- 40g butter
- Salt

Method:

- 1.Place a sauté pan on a medium heat and add the butter.
- 2.Once the butter has started to foam add the mushrooms and a pinch of salt and cook for three-four minutes until soft.

Find more downloadable recipes at neuroblastoma.org.uk/gettogether

A big thank you to Gordon Scott for kindly donating recipes for our Get Together