

IT'S ALL
ABOUT THE
FISH

Monkfish

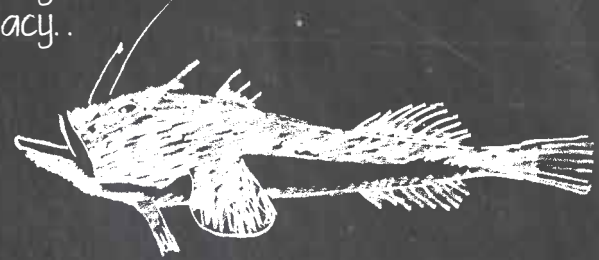
FLAVOUR Compared to scampi or langoustine.

FLESH Firm textured. Meaty.

PREPARATION LEVEL Simple. (The membrane should be removed prior to cooking but any good fishmonger can do this for you.)

CLAIM TO FAME It's a spectacularly unlovely looking fish but highly valued for its taste and meaty texture. In some countries the liver is thought to be a delicacy.

GREAT TO USE IN Stir fries, pan fries and barbecues. This fish can really handle strong flavours.



MONKFISH EN CROUTE WITH A LEMON BUTTER SAUCE

Ingredients:

4 x 175g (4 x 6oz) monkfish tail fillets
Seasoned flour
Knob of butter
Ready made puff pastry
Tub of smoked salmon pate
Beaten egg

Sauce:

100g (3.5 oz) butter
3 garlic cloves, crushed
Juice of 1 lemon
Salt and pepper

HOW TO MAKE

1. Pre-heat oven to 200°C/gas mark 6.
2. Dust monkfish with seasoned flour. Then fry in butter until golden brown all over. Set aside.
3. Roll out puff pastry and cut into four equal sized pieces (large enough to fully wrap each fillet).
4. Smooth a layer of pate along the middle of the pastry.
5. Place a fillet in the centre of each piece of pastry and create a parcel. Crimp the edges to form a seal.
6. Lightly brush with beaten egg. Then chill in fridge for 25 minutes.
7. Place on a baking tray in oven and cook for about 20 minutes or until pastry is golden brown.
8. While the fish is baking, make the sauce.
9. Fry garlic in butter until a light golden brown. Add lemon juice. Then season with salt and pepper.
10. When the dish is ready, serve with sauce immediately.

Make fish your dish

Fish is such a great option. There are so many varieties to choose between and have a wide range of flavours and textures - so there's something for everyone. It's a really healthy choice with plenty of nutrients and experts recommend at least two fish portions a week (one of which should be oily like mackerel, salmon or fresh tuna). And it's not as expensive as you might think.

In order to get really fresh fish and great prices we recommend seeking out your local fishmonger. As well as recommending a particular type of fish (some are more readily available than others depending on the season), they can also help with ideas for recipes and prepare the fish for use. If you ask nicely they may even show you how to do it yourself.

PIMP MY FISH DISH

Create a pea puree (blitz cooked peas, mint, parsley, crème fraiche, lemon zest, spring onions and seasoning) and add as an extra layer inside the parcel - OR serve on the side.

Brought to you by Milford Fish Docks in association with The Fish Plaiice, Milford Haven (01646 692331).

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