



## *Monkfish with Herb Brown Butter*



### **Ingredients**

- 10 oz monkfish fillets, both skinless and boneless
- 1 ½ TBSL extra virgin olive oil
- ¼ tsp salt
- ⅛ tsp black pepper , finely ground
- 2 TBSL unsalted butter cut into ½" cubes
- 2 garlic cloves , smashed
- 2 sprigs thyme
- Pea Purée for plating

### **Ingredients, fresh herbs (Note 3):**

- ½ tsp parsley , finely chopped
- ½ tsp chives , finely chopped
- ½ tsp chervil , finely chopped

### **Method:**

1. Cut fillets into 3 - 4 even size pieces, and sprinkle both sides with salt and pepper.
2. Place a wire rack over a baking tray, and lay the pieces on the rack to rest.
3. Heat oil in non-stick pan over medium heat.
4. Place thickest pieces of fish in the pan first. Leave for 1 minute then add the thinner pieces. Cook for another 2 minutes, then flip the pieces of fish.
5. Add butter to pan. As it starts melting, add garlic and thyme. When the butter starts to foam, tilt the pan and start spooning the butter over the fish. Do this for 2 minutes or until the internal temperature is 131°F (or flakes easily). When the butter begins to smell nutty, it is now brown butter.
6. Transfer fish onto the rack and rest for 3 minutes.
7. Add the herbs to butter remaining in pan.

### **Method for plating:**

Slice monkfish into 1" pieces. Place on pea puree, then drizzle with Herb Brown Butter. Optionally, garnish with any combination of dill and/or parsley.

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## *Pea Purée*



### **Ingredients:**

- 1 Bag of frozen peas
- Salt
- Lemon juice
- Water

### **Method:**

1. Bring a large pan of salted water to the boil; blanch the peas for 3 minutes.
2. Add the peas to a blender along with a little water. Blitz the peas, adding more liquid in small additions as needed. Blend for no more than 2-3 minutes, or until a fairly thick, smooth purée has been achieved.
3. Tip the purée into a fine sieve and use the back of the ladle to push it through to give a silky-smooth finish.
4. Taste and season with salt and a squeeze of fresh lemon juice.