

# SCOTT'S

RICHMOND

## RECIPE OF THE MONTH

### NOVEMBER



## ROAST MONKFISH WITH MUSSELS

*and curry sauce*

### **Ingredients** (Serves 4)

4 x 220g pieces of monkfish, on the bone

400g mussels, cleaned

½ glass fry white wine or fish stock

### **For the salad**

¼ cucumber, deseeded & cut into matchsticks

½ handful coriander, picked and washed

2 spring onions, thinly sliced

1 red chilli, deseeded and thinly sliced

4 tbs olive oil

### **For the curry sauce**

1 tbs vegetable oil

2 medium onions, chopped

2 large carrots, chopped

2 cloves garlic, minced

1 thumb-sized piece of ginger, minced

1 tbs mild curry powder

½ tsp ground turmeric

400ml can coconut milk

2 tsp honey

1 lime, juiced

# ROAST MONKFISH WITH MUSSELS

## *and curry sauce*

### **Method**

- Start by making the sauce. Place the oil in a large heavy-bottomed pan over a medium heat.
- Add the onions and carrots and gently cook until tender. Add the ginger and garlic and cook for a further 1 minute.
- Add the curry powder and turmeric and cook for another minute before adding the coconut milk and the honey.
- Simmer for 20 minutes then transfer to a blender and blend to a smooth consistency.
- Season with salt and half of the lime juice.
- Transfer back to the pan and leave to one side or chill if making the day before.
- Add the mussels to a pre-heated saucepan with the white wine or fish stock. Cover with a lid until they are all open. Discard any mussels that don't open. If cooking over a barbecue, these mussels can be opened in advance and placed on a skewer to be heated over the grill.
- For the monkfish, heat a non stick frying pan with 2 tbs olive oil on a medium high heat. Season the monkfish pieces with salt and pepper and colour on all sides until golden brown, then transfer to a pre heated oven at 180 degrees for 8 minutes (or until the fish come away from the bone easily).
- While the fish is resting dress the salad ingredients with the remaining lime juice and olive oil. Reheat the curry sauce and the mussels.
- To serve pour the curry sauce into a bowls, then place the monkfish on top along with the mussels and the salad. *Enjoy!*