



Andy's Roast Monkfish, Stuffed with Garlic and Wrapped in Bacon

Created by Andy Owen

Ingredients:

Olive oil
Red peppers finely diced and deseeded
Finely chopped shallots
Wild garlic finely chopped
Chopped tomatoes
Handful of chopped parsley
Headless monkfish, skinned and de-membrated
Streaky Bacon – smoked is best
Butter

Such a simple dish. But absolutely stunning...

Before starting – warm oven to 200 degrees Celsius

Warm the olive oil in a pan

De-seed the peppers and finely dice them. Also finely dice the shallots and the chopped garlic.

Add them all to the pan and sweat them down until soft.

Add the chopped tomatoes and blend everything to make the coulis.

Stuff the monkfish with thinly sliced raw garlic and some parsley.

Wrap tightly in slices of streaky bacon.

Oven roast for approximately 20 minutes in a large roasting pan containing a little water and butter.

Serve with the warm red pepper coulis – plus steamed broccoli and a bowl of sauté potatoes on the side.

Wonderful...