



Whole Monkfish tails at a little over £2 each in the discount fridge meant a bit of a treat last night. Probably a little over budget, but yesterdays meal was essentially all leftovers.

Monkfish wrapped in Smoked Streaky Bacon.

Ingredients:-

Smoked Streaky Bacon

Olive Oil

Fresh ground Black Pepper

Monkfish Tail

Method:-

- (1) Lightly oil the Fish and grind Pepper over the top.
- (2) Wrap the Bacon around the fish to make an enclosed package.
- (4) Grill on high for 7 minutes on either side.

Caper Butter Sauce.

Ingredients:-

Ingredients:-

2 Shallots, finely chopped

2 Cloves of Garlic, minced

2 Tsp of Capers, slightly crushed

Zest and Juice of a Lemon

1 Tsp Dried Parsley / Savoury

1 Tsp Wholegrain Mustard

Butter

Salt & Pepper

Method:-

- (1) Gently fry the Shallots in Butter until translucent.
- (2) Add the Garlic and fry gently for a couple more minutes.
- (3) Reserve a little Butter and add the remaining ingredients except the Parsley / Savoury.
- (4) Simmer over a low heat for a couple of minutes.
- (5) Stir in the remaining Butter and Parsley / Savoury and drizzle over the wrapped Monkfish.

We served ours with Buttered New Potatoes, Mange out, Baby Sweetcorn, Broccoli and griddled Vine Cherry Tomatoes. Server on a bed of wilted Spinnach.