



Campaigning for people to "Season with Sense"



## GARY MACLEAN'S SEARED MONKFISH WRAPPED IN HAM

 **Prep: 20 minutes**

 **Cook: 30 minutes**

 **Serves: 4**

### INGREDIENTS:

#### Set Polenta

- 1.5ltr Vegetable stock, a quality cube will work for this
- 350g Polenta
- 75g Parmesan, grated
- **LoSalt** to taste

### METHOD:

#### Set Polenta

1. Bring the vegetable stock to the boil in a large pan.
2. Once boiling, gradually start to add the polenta, stirring it in continually with a wooden spoon.
3. Once you have added all the polenta, lower the heat so that it isn't spluttering too much, then cook, stirring occasionally, for 10 mins.
4. Stir in the grated parmesan and season to taste with **LoSalt**
5. Line a baking tray with parchment and spoon out the polenta mix. Cover with another sheet of baking parchment and flatten with a weighted tray.
6. Allow to cool then place in fridge.
7. Once cold cut into triangles, brush with a little oil and griddle when needed.

#### Ratatouille

- 2 tbsp Good oil, plus some extra for drizzling
- 1 Aubergine, cut into about 2cm cubes
- 1 Courgette, cut into about 2cm cubes
- 1 Red pepper, deseeded and cut into about 2cm cubes
- 1 Red onion, cut into about 2cm cubes
- 3 Garlic cloves, chopped
- ¼ bunch Fresh oregano, picked and shredded
- ¼ bunch Flat leaf parsley, picked and shredded

#### Ratatouille

1. In a large pan pour in your olive oil, when it is hot add the aubergine, courgette, red pepper and onion.
2. Cook for about 5 minutes then add the garlic and the fresh herbs.
3. Next add the chopped tomatoes and the dried oregano.
4. Turn down the heat, pop on a lid and cook the stew out for about 20 minutes.
5. Taste and adjust the seasoning with **LoSalt** and pepper, it might also need a little sugar for balance depending on the tomatoes.

#### Monkfish

1. Trim and separate the fish into 2 fillets and season with **LoSalt** and pepper.

- 300g Ripe fresh tomatoes, roughly chopped
- ¼ tsp Dried oregano
- ¼ tsp **LoSalt**
- Pinch Pepper
- Sugar, to taste

#### Monkfish

- 500g Monkfish, boneless weight
- 4 Slices Parma ham or Serrano
- **LoSalt**
- Pepper
- Unsalted butter

2. Wrap the fish in the ham to protect the fish and retain its moisture while cooking.
3. Pre-heat a non-stick pan big enough to fit the amount of fish you are cooking.
4. Once the pan is medium-hot, add a tablespoon of oil, just enough to lightly cover the base of the pan.
5. When the oil is hot add the Monkfish.
6. Give each side of the fish a couple of minutes in the pan.
7. Add a knob of unsalted butter and baste the fish in the foaming butter. Remove from the heat and allow to sit in the pan for 2-3 minutes.
8. The fish should now feel firm to the touch. Remove from the pan and rest.
9. Slice to serve