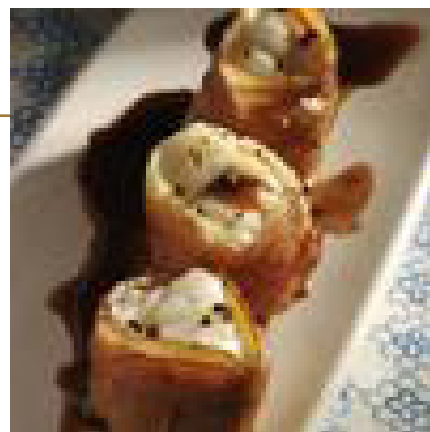


## MONKFISH SKEWERS WITH CRUSHED COFFEE BEANS

Serves 4

Preparation time : 20 minutes

Cooking time : 1 <sup>1</sup>/<sub>2</sub> hours



### Ingredients :

- 2 small monkfish fillets weighing 400 g
- 4 thin slices of smoked bacon
- 500 ml full-bodied red wine
- 6 Arabica coffee beans
- freshly ground pepper, salt
- 1 bay leaf
- 1 carrot
- 80 g celeriac
- 1 small onion
- 1 clove
- salt, pepper
- 1 small veal bone

Peel and dice the carrot, celeriac and onion, put them in a pan with a knob of butter, cook over high heat, season lightly with salt and pepper, add the veal bone, clove and bay leaf, and red wine to cover.

Cook for one hour thirty minutes over medium heat. Strain. Reduce by half, adjust seasoning. Keep warm.

Dry roast the coffee beans in a frying pan, and coarsely crush them.

Remove the central bone from the monkfish fillets.

Dry thoroughly with paper towel and cut into large cubes.

Wrap each cube with a thin slice of bacon.

Thread the parcels onto skewers.

Fry them over high heat in a pan with a little grape seed oil.

Sprinkle with the crushed coffee beans and serve immediately accompanied by the sauce.