

Curried roast Monkfish, Almond "Bourride"

Four servings:

- 1 Monkfish fillet of 500g
- 1 tsp Curry powder
- 2 gem salads
 - 1 lemon
 - 50g butter
 - ½ potato
- 4 tbsp liquid cream
- 1 tbsp ground Almonds
 - 1 small garlic clove
 - 2 egg yolks
 - 25cl olive oil
 - salt
 - chives



Côtes du Rhône *Réserve*

Lively and aromatic, this southern wine calls out for a sunny cuisine! The meaty texture of monkfish and fresh garlic, preserves the neat character of this match. The Olive oil in the Bourride (fish soup) gives richness and graciously binds the aromas of the wine and with the typical Mediterranean flavours of the dish.



1) Marinade the monkfish in 2 tablespoons of olive oil and a pinch of curry powder. Place some cling film and reserve in the fridge.

2) Peel the potato and cook in boiling water, drain and leave to cool.

3) In a mixing bowl put the egg yolks, the crushed garlic, the ground almonds, the cream, a pinch of salt and the potato. Mix with a hand blender adding slowly the olive oil, just like making a Mayonnaise. The Bourride should have a soft texture. Place it into a small saucepan and cover with cling film.

4) Slice the Monkfish into four portions. Season with salt and olive oil and sear in a very hot non-stick frying pan. Colour on both sides by adding some butter to the pan. Deglaze the pan with the lemon juice. Remove from the pan and keep warm. In the same pan, add the gem lettuces cut in half and sear them on a high heat. Season with salt and deglaze again with the bit of lemon juice. Keep the lettuces crunchy.

5) Add 10cl of boiling water to the Bourride. Warm up without boiling and whisk regularly and season to taste. The Bourride is ready.

6) Dish and decorate with a few prigs of chives.

Serving temperature: 10°C-11°C