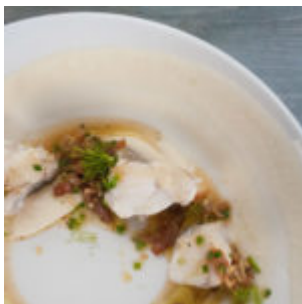


## **Champagne Poached Monkfish with Prosciutto Vinaigrette & Garlic Cauliflower Purée**



This recipe for Champagne Poached Monkfish with Prosciutto Vinaigrette & Garlic Cauliflower Purée is from episode 5 of Fish the Dish starring Spencer Watts.

Serves: 2

### **Ingredients**

#### **Poached Monkfish**

- 2 (6 oz) Monkfish fillets, skin removed
- ½ Fennel bulb, sliced thinly
- 4 cups (945 ml) Brut Champagne
- 1 tsp (5 ml) Salt

#### **Prosciutto Vinaigrette**

- 1 Tbsp (15ml) canola oil
- 2 oz (60 g) Domestic prosciutto, chopped
- 1 med Shallot, diced
- Black pepper to taste
- 1 ½ Tbsp (22.5 ml) Sherry vinegar
- 1 Clove garlic, thinly sliced
- 2 Tbsp (30 ml) Extra-virgin olive oil
- Pinch dried red chilli flakes
- 2 Tbsp (30ml) Chopped chives

#### **Cauliflower Purée**

- 1 Cleaned head of cauliflower, cut into florets

- 60 g Butter
- 1 head of Garlic, roasted
- Pinch of Salt
- Boiling Water or stock

## Directions

1. Preheat the oven to 400°F/204°C
2. Cut the top off of a bulb of garlic. Place it on a sheet of foil. Drizzle with olive oil, wrap and place in the oven to roast for 45 minutes or until garlic is soft and golden.
3. Place the cauliflower into a steamer and cook until soft.
4. Place chopped fennel into a skillet with a splash of oil. Add champagne. Season the monkfish with salt and pepper and place into the champagne bath. Poach for about 10 minutes over medium heat. Do not let the champagne boil, but instead keep it just below a simmer
5. Prepare vinaigrette.
6. Dice prosciutto and add to a hot oiled pan. Add shallot to pan as fat is starting to separate from prosciutto. Add sherry vinegar, garlic, olive oil, and chilli flakes. Finish with chopped chives. And place in a bowl.
7. Finish cauliflower purée. Place butter, steamed cauliflower, salt, and roasted garlic to a blender, blend until smooth, approximately 1 minute. If mix is too thick add some boiling water to get desired consistency.
8. Remove monkfish from poaching pan. Fish is cooked when it starts to open up, and has a little bounce when touched.
9. Slice poached fish into 2-inch (5 cm) chunks.
10. Plate on top of cauliflower purée, drizzle with vinaigrette and garnish with fennel frond.