

Beer Battered Monkfish with Lemon Garlic Mayo



This recipe for Beer Battered Monkfish with Lemon Garlic Mayo is from episode 5 of Fish the Dish starring Spencer Watts.

Serves:4

Ingredients

- 10 - 15 (2oz) Pieces of monkfish
- 2 Eggs
- 1 bottle (340ml) of Lager beer
- ½ tsp (2.5 ml) Baking soda
- ½ tsp (2.5 ml) Baking powder
- 1 tsp (5 ml) Turmeric
- 1 tsp (5 ml) Salt
- Pepper
- 1 cup (230 g()) Flour
- 2 litres Vegetable oil for frying

Lemon Garlic Mayonnaise

- 3 Egg yolks, room temperature
- 1 tsp (5 ml) Dijon mustard
- Salt to taste
- Pepper to taste
- 3 Cloves Garlic
- Zest of 2 lemons
- 1 ½ cup (375ml) Olive oil, room temperature

Directions

1. Prepare the mayonnaise. Combine egg yolks, Dijon, salt, pepper, garlic, lemon zest, and lemon juice in a blender. Drizzle in oil while blitzing, about 20 seconds. Set aside until ready to serve. This can be made in advance and stored in the refrigerator for a week.
2. Place oil in a deep skillet or pot and heat to 375°F (190°C).
3. Whisk eggs together in a bowl. Add beer, baking soda, baking powder, and turmeric and whisk together. Season with salt and pepper. Batter should be relatively thin. Place salt, pepper and flour in a separate bowl and stir to combine.
4. Slice monkfish into 2 inch-chunks. Coat the fish in seasoned flour. Dunk the pieces of fish into the batter and place them into the oil. Fry for 2-3 minutes, until golden brown. Remove with tongs to a paper towel-lined plate. Season immediately.
5. Transfer fried monkfish to a plate, squeeze fresh lemon juice over top and serve with lemon garlic mayonnaise.

