

Baked Monkfish Boulangere

Ingredients

3 lemons
50 g fresh white breadcrumbs
75 ml (5 tbsp) chopped flat-leafed parsley
2 garlic cloves, crushed
30-45 ml (2-3 tbsp) olive oil
salt and pepper
1 kg monkfish tail, filleted into 4 (Seeteufel)
12 slices Parma ham
350 g onions, peeled
900 g new potatoes, scrubbed
75 g butter
5 ml (1 tsp) dried thyme
thyme sprigs, to garnish

Method

Grate the rind of 2 lemons. Place in a food processor with the breadcrumbs, parsley, garlic, 30 ml (2 tbsp) oil and seasoning. Lay 2 monkfish fillets flat-side up on a board. Sprinkle with the crumb mixture. Top with the other fillets to make 2 parcels. Wrap each parcel in Parma ham, to enclose completely. Tie at 5 cm intervals with fine string; set aside. Thinly slice the onions; quarter the potatoes and remaining lemon. Use 25 g butter to liberally grease a large roasting tin. Put the potatoes, onion and lemon in the tin. Season, sprinkle with thyme and dot with remaining butter. Bake at 200 degrees for 50 minutes or until golden brown. Lay the fish parcels on top of the potatoes. Cover with foil and bake for 20-25 minutes. Garnish with thyme and serve.