

Monkfish dish with spicy chorizo *Perfect!*

The Harvard Inn is a restaurant and wine bar in the idyllic village of Stock. This delicious fish dish is often on their menu. The dense meatiness of the monkfish; the smokiness of the chorizo; the sweet and saltiness of the clams make this meal burst with an abundance of flavours and textures with every mouthful.



Preparation Time: 20 minutes

Cooking Time: 12 minutes

Serves: 2

Method

1. Peel and dice potato into 1cm x 1cm squares and par-boil in salt water for approximately 10 minutes.
2. Season monkfish tail with salt and pepper and sear both sides in a hot pan. Finish in the oven at 180°C for approximately 12 minutes.
3. Whilst the monkfish is cooking, roughly chop the chorizo and the

tomatoes and set aside.

4. In a hot pan, add vegetable oil and butter and sauté the potatoes until golden and crisp.
5. Add the chorizo and tomatoes to the potatoes for a further 5 minutes or until the chorizo is cooked.
6. Then, add the clams to the pan along with the lemon and lime juice. Cover the pan with a lid and continue to cook until the clams open.
7. Remove the monkfish from the oven and slice into three pieces.
8. Remove the lid from the

Pan-fried monkfish tail on a bed of parmentier potatoes and rustic tomatoes with chorizo and clams

INGREDIENTS

- 400g monkfish tail
- 100g chorizo
- 100g clams
- One large potato
- Two tomatoes
- salt/pepper
- Juice of half a lemon
- Juice of one lime
- Zest of one lime
- Fresh parsley
- Tbsp vegetable oil
- Knob of butter

Monkfish, commonly known as the 'poor man's lobster' is usually found in the coastal waters of the northeast Atlantic, from the Barents Sea to the Straits of Gibraltar, the Mediterranean and the Black Sea. These huge fish have been known to grow to more than 2 metres in length.

potatoes, clams, tomatoes and chorizo, sprinkle with fresh chopped parsley and season to taste. Transfer this into a large bowl and place the monkfish on top. Grate the lime zest onto the monkfish and serve.

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