

MONKFISH WITH OLIVES AND PIQUILLO PEPPERS



Magazine
Jun. | Jul. 08

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SERVES 4

Prep Time: 12 min

Cook Time: 15 min

INGREDIENTS

1kg Monkfish fillet • 150ml Romeu Olive oil • 1 bunch of fresh Basil • 1 jar of cocktail onions Hengsterberg • 1 tin of olives stuffed with anchovies • 1 tin of Piquillo Peppers – Rosara • 1 jar of capers Linda Surfivie • 1 jar of black olive tapenade Sacla • 50ml Balsâmico n. 7 Piazza Grande vinegar • 1 gourmet salt • 1 lemon

METHOD

Roast the monkfish in a grill pan with little olive oil for 2-3 min on each side, season with flor de sal gourmet salt and lemon • Sautee the onions in olive oil, add the vinegar and reduce for at least 4 minutes • Sautee the piquillo peppers in a grill pan and arrange with the monkfish, capers, olives, olive tapenade and basil on a preheated plate • Serve with crusty bread.

WINE SUGGESTION

Covela Escolha White 2006