

Monkfish Fillets with Mushroom and Bacon Sauce



Ingredients

6 x 150g (5oz) monkfish fillets, skinned and trimmed
3 tbsp plain flour
2 tbsp oil or a knob of butter
6 rashers of smoked, streaky bacon, chopped into small pieces
1 small onion, finely chopped
200g (7oz) button mushrooms, halved
200ml (7fl oz) full-fat crème fraiche
Juice of ½ lemon
1 tsp Dijon mustard
3 tbsp chopped parsley
Salt and freshly ground black pepper

Method

1. Preheat the oven 200°C/ 180°C fan/ Gas 6 and line a baking tray with baking paper.
2. Season the monkfish fillets with salt and pepper. Sprinkle the flour on to a plate and dust the fish until fully coated, shaking off any excess flour.
3. Place a frying pan over a high heat, add the oil and butter, and when the butter is foaming, add the fillets and fry for 2-3 minutes until the fish is sealed and lightly golden, turning once. Transfer to the prepared baking tray and pour over any buttery juices from the pan. Roast in the oven for 8-10 minutes until still firm and the flesh has turned white and is cooked through.
4. Meanwhile, wipe the frying pan (to remove any traces of flour so they don't catch) and add the bacon. Fry over a high heat until crisp and then transfer to a plate. Tip in the onion and fry for 3 minutes, then cover, reduce the heat to medium and cook for a further 5 minutes until soft. Remove the lid, turn up the heat, add the mushrooms and fry for a few minutes, stirring constantly, until golden.
5. Add the crème fraiche, lemon juice and mustard with half the cooked bacon and half the chopped parsley. Bring to the boil and allow to boil for a few minutes until the sauce is reduced and thickened slightly, then season to taste with salt and pepper.
6. Slice each of the fillets into three and arrange on a plate, spoon over the sauce and garnish with the reserved bacon and parsley.

A light grey circle with a thin black outline, containing the text 'Serves: 6' in a bold, black, sans-serif font.

Serves: 6

TIPS

Make sure the skin and thin membrane have been removed from the fillets. The membrane can tighten during cooking and restrict the fillets in the pan. Sprinkle a bit of salt on your fingers to help grip the membrane, which can be slimy, and pull it off.