

The Red Lion



**PAN FRIED MONKFISH  
WITH CHORIZO, BASIL, SHERRY  
& TOMATOES SERVED WITH GARLIC  
& ROSEMARY ROASTED POTATOES**

**For the Monkfish: (serves 4)**

1kg Monkfish tail skin removed (*leave on the bone*)  
250g cooking Chorizo • 250g cherry tomatoes  
Handful of Basil • 100ml Amontillado Sherry (*not a dry sherry*) 150g Salted Butter •  
Salt & Pepper • Rapeseed Oil  
Flour for dusting • 125ml fish stock

**For the potatoes:**

1kg peeled Maris Piper potatoes (*boiled & drained*)  
6 cloves of garlic • Handful of Rosemary  
Rapeseed Oil • Salt & Pepper

Heat large frying pan, cut Monkfish into 2 ½ inch chunks across the bone. Dust with seasoned flour. Fry monkfish in the rapeseed oil (cook in batches) until golden brown. When fish is browned return to pan and add chorizo fry for a couple of minutes & add cherry tomatoes & half the basil + the stock, season and place in oven or cover & cook on the stove top for 12- 15 minutes. To check Monkfish is cooked it should come away from the bone & be firm.

Remove Monkfish from the pan and set to one side. Return pan to the heat, add sherry and flame reduce by half, add basil (tear – don't chop) add butter small amounts at a time until sauce thickens, return Monkfish to pan, coat in sauce, season to taste & serve.

Place potatoes in a pan of water with 2 garlic cloves & half the rosemary & salt, bring to the boil and simmer until just cooked. Drain & cool. Cut potatoes in 1 ½ inch chunks. On a flat tray add 3 tablespoons of rapeseed oil, heat in the oven, crush the garlic and pick the rosemary add to the diced potatoes & place on the preheated tray. Cook in the oven for 30-40 minutes until golden, season before serving.

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