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BUSINESS

MARK AISTHORPE | PUBS & RESTAURANTS | 10 SERVINGS

APPLE GLAZED MONKFISH

INGREDIENTS

FOR THE THAI CURRY SQUASH SAUCE

50ml Vegetable oil
120g Shallots, peeled & finely sliced
20g Knorr Professional Garlic Puree
100ml White wine
700g Butternut squash, peeled and sliced
10g Red chilli, finely chopped
30g Lemon grass, chopped
40g Knorr Professional Ginger Puree
2no. Bay Leaf
10g Coriander seeds
4no. Kaffir lime leaves
1no. Lime, zested
2L Water
60g Knorr Professional Chicken Paste Bouillon
800ml Full fat coconut milk

FOR THE SQUASH PICKLE

100g Squash, peeled
200g Rice wine vinegar
5g Cinnamon stick
1no. Clove
1no. Star anise
3no. Black peppercorns
5no. Coriander seeds
2g Fennel seeds
100g Sugar

METHOD

FOR THE THAI RED CURRY SQUASH SAUCE:

- Make up the KNORR Professional Chicken Paste Bouillon by whisking into boiling water.
- Sweat shallots, red chilli, lemon grass, kaffir lime leaves and butternut squash in a pan for 3-5 minutes to soften the shallots.
- Add in the KNORR Professional Garlic and Ginger Purees, coriander seeds and bay leaf & white wine, allow to white wine to reduce until a light syrup.
- Add in the KNORR Professional Chicken Bouillon and simmer for 30 minutes or until the butternut squash is soft.
- Once cooked, blend until smooth, then add the coconut milk and continue to blend to ensure it is fully incorporated. Pass through a fine sieve then season with salt if required.

FOR THE SQUASH PICKLE:

- Cut the peeled squash into a fine brunoise.
- Place all the other ingredients into a pan and bring to the boil.
- Place the diced squash into a preserving jar and add on the hot pickling liquor. Leave to steep in the jar until cooled then store away from direct sunlight - leave at least a day before using to infuse the flavours.

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INGREDIENTS

FOR THE DATE PUREE

200g Dried dates
Water

FOR THE APPLE GLAZE

500ml Apple juice
100g Brown sugar

TO PLATE

1.8-2kg Monkfish, on the bone
750g Baby spinach
50g Cashew nuts, roasted
50g Chickpeas, roasted
10g Micro-corriander
1no. Granny Smith Apple,
finely diced
50g Wild rice, puffed

METHOD

FOR THE DATE PUREE:

- Place dates in pan, cover with water and bring to boil for 5 minutes.
- Once cooked drain the dates, reserving the excess liquid, and blend the dates adding some of the cooking liquid until you get a smooth pipeable consistency.

FOR THE APPLE GLAZE:

- Reduce the apple juice, and brown sugar to a light glaze. Reserve to brush onto the fish during the cooking process.

TO PLATE:

- Pan fry monkfish in a little oil and butter, until lightly coloured. Place in the oven 175°C for 5 minutes, then remove and brush with the apple glaze, return to the oven and cook for a further 5 minutes. Remove them from the oven then glaze again and allow to rest on the bone.
- Cook the baby spinach in butter, then add in the chopped nuts and season and allow to drain before plating.
- Remove the monkfish from the bone and cut into 10 equal portions.
- Place the date puree on the base of the plate, top with the spinach, some of the pickled squash.
- Place the monkfish on top, then top with the puffed rice, roasted chickpeas, apple and micro corriander.
- Pour the Thai sauce around the monkfish to finish.