

Cornish Monkfish, Miso, Radish, Turnips & Hen of the Woods



Serves: 4

Profitability:

Author: Ben Champkin chef de partie L'Enclume, Cartwell Cumbria

Ingredients:

MONKFISH MARINADE

50ml soy sauce

150ml sake

150g mirin

450g white miso paste

225g granulated sugar

MONKFISH

1.2kg monkfish tail, on the bone

THE BROTH

600ml turnip juice

10g sesame oil

5g kombu

1g bonito flakes

12g mirin

To taste Dashi vinegar & lemon juice

dash soy sauce

RADISH GARNISH:

100ml dashi vinegar

70g sugar

30ml water

100g micro cherry bell radish

CARAMELISED TURNIP PUREE

500g sweet bell turnips, peeled

250g unsalted butter

125ml milk

To season, late harvest vinegar

TURNIP GARNISH

To taste butter

200g baby sweet bell micro turnips

To taste salt

HEN OF THE WOODS

120g hen of the woods (mushrooms)

20g unsalted butter

Dash sunflower oil

Steps:

MONKFISH MARINADE: Bring soy, sake and mirin to the boil to evaporate alcohol. Lower heat and stir in miso paste until dissolved. Add sugar stirring constantly. Remove from heat and chill before marinating monkfish for a minimum of 2 hours.

MONKFISH: Roll the marinated monkfish tail tight in cling film, place in a vacuum bag and cook for 22 minutes at 50°C in a water bath. Sear in a hot pan. Allow to rest and carve off the bone into four portions.

THE BROTH: Boil and pass turnip juice. Add all ingredients and infuse for 20 minutes. Pass through J-cloth. Finish with soy sauce.

RADISH GARNISH: Bring vinegar, sugar and water to boil. Chill. Halve the micro radishes and put in pickle liquor 10 minutes before assembling dish.

CARAMELISED TURNIP PUREE: Finely slice turnips on a Japanese mandoline. Melt butter in a pan and cook turnips until golden brown and caramelised. Blend with warmed milk. Season with late harvest vinegar and salt, and pass through a sieve. Keep warm until required

TURNIP GARNISH: Cook the micro turnips in well-seasoned butter emulsion, quarter and arrange on dish

HEN OF THE WOODS: In a hot pan fry the mushrooms quickly stirring often. Add butter and continue to stir until crispy. Season and drain - arrange as required on dish