

# Osso buco style monkfish

## 1 Ingredients: (8 people)

1.2kg monkfish  
10cl olive oil  
300g carrots  
300g onions  
200g celery  
4 tomatoes  
Salt, pepper  
20g tomato coulis  
1 litre chicken stock

### Germolata:

1 bunch parsley  
1 clove garlic  
Finely sliced gherkin peel  
1 salted anchovy  
1 bouquet garni  
25cl white wine  
3 cloves garlic  
100g butter  
Bread  
100g tapenade

### Conchiglioni:

32 conchiglioni (pasta shells)  
10cl olive oil  
1 bulb fennel  
200g carrots  
200g onions  
200g finely sliced sun-dried tomatoes  
Salt, pepper

### Parmesan crisp:

100g grated Parmesan.

Lay the cheese on greaseproof paper in bands of 20cm long by 1.5cm wide. Cook in the oven. Set aside. Break into three when serving.

## 2 Method:

### Monkfish and sauce:

Chop the monkfish tail into large pieces on the bone. Set aside.

Dice the vegetables for the sauce. Crush the garlic using a knife. Chop the tomatoes into cubes.

In a pan, sauté the vegetables for the sauce in olive oil. Add the tomatoes. Deglaze the pan with the white wine. Add the chicken stock and the tomato coulis. Bring to the boil and cook for approximately 20 minutes. Reduce the heat to a gentle simmer and poach the pieces of monkfish at 48°C until fully cooked through. Remove the fish from the pan and keep warm.

Mix and strain the sauce using a conical strainer. Check the consistency and reduce further if necessary. Check the seasoning and emulsify the reduction using a food processor. Set aside.

### Stuffed pasta shells:

Cook the conchiglioni until al dente. Strain and run under cool water. Then drizzle with oil and set aside.

Chop 8 very fine slices out of the fennel using a mando-

lin. Store in ice. Chop the carrots, onions and remaining fennel into small cubes. Sauté them separately in olive oil.

Once cooked, combine together in a bowl and add the sun-dried tomatoes. Season with salt and wild black pepper.

Stuff the pasta with this mixture. Place on a previously oiled baking tray. When ready to serve, warm the pasta shells taking care not to let the pasta become dry.

On removing from the oven, insert a small amount of sauce in the shells using a piston sauce dispenser

### Germolata:

Chop the parsley, garlic and anchovy. Mix well and incorporate the gherkin peel. Set aside.

### Bread:

Cut 8 slices of bread (10mm x 5mm x 5mm). Fry them lightly in olive oil on both sides. Spread the bread with tapenade and set aside.

## 3 Presentation:

Place the bread in the centre with the monkfish on top.

Pour some sauce around the fish.

Add the 4 stuffed conchiglioni.

Between the conchiglioni, place 2 slices of fennel and 2 parmesan crisps.

Top the monkfish with germolata.

Serve  
immediately

**Brittany Ferries**

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