



SLOW COOKED BBQ MONKFISH WITH ROMESCU SAUCE

- **1kg piece monkfish**
- **Olive oil**
- **3 Red bell peppers**
- **Small handful Thyme**
- **Small handful Rosemary**
- **Couple tsp of chopped garlic**

Clean the monkfish and portion 170 grs. Marinate it for 2 hours with some salt and clean it under the water and dry it. Pre heat your BBQ or pizza oven. You will need the temperature to reach 200 degrees +. Season your monkfish well then place on to an oil chargrill pan, add the whole peppers and herbs roast in the oven for 8mins turning and checking every two minutes. When cooked, allow to rest for ten minutes, dry the monkfish and roll it in the romesco breadcrumbs.

ROMESCU CRUST

- **2 garlic cloves**
- **10 Nora chillies**
- **50gm toasted almonds**
- **50gm breadcrumbs**

Slice very thinly the garlic gloves, clean the Nora chillies taking out the seeds and put all together in a baking tray.

Dry roast in the oven for 45 minutes at 90 C degrees. Blend in a processor with the almonds and mix with the breadcrumbs.



GARLIC AND PAPRIKA EMULSION

- **100m olive oil**
- **15gm roasted garlic**
- **Pinch of salt and pepper**

Blend all together and check the seasoning.