

Lifestyle RECIPE



MONKFISH

SERVES 4

600 g monkfish fillet
 ½ head of red cabbage
 Ginger, fresh
 Red shiso juice
 1 l coconut milk
 1 small red chilli

5 lime leaves
 2 stalks lemongrass
 3 limes
 Coriander, fresh
 Thai basil, fresh
 Honey

Salt
 Purple curry powder
 Butter
 Pepper

To prepare the coconut foam

Boil the coconut milk with the chilli, lime leaves, lemongrass, coriander, Thai basil stalks and some peeled ginger (roughly chopped) for around 5 minutes, then leave to infuse for 1 hour. Sieve the milk and add fresh lime juice, some lime zest, salt and honey to taste.

To prepare the red cabbage

Cut the red cabbage into fine strips. Add freshly grated ginger, salt and some honey to the shiso juice to taste and marinate the red cabbage strips in the mixture. Then add purple curry powder to taste.

To prepare the monkfish

Season the monkfish with salt and pepper and vacuum-seal with a little butter. Then cook on the steam setting at 70 °C for 10 minutes.

Cooking level

Monkfish, 10 minutes | Steam setting at 70 °C