



Monkfish, Mole, Sweetcorn, Avocado



Rezept für 4

Ingredients

500 g monkfish fillet
(skinned and deboned)
2 avocados
100 g boiled sweetcorn
1 cherimoya
20 g amaranth
20 g white quinoa
20 g black quinoa
1 red onion
2 limes
30 g sugar
60 ml vinegar
1 bunch of coriander
Chilli
Mole spice
2 lemons
100 ml fish stock
2 shallots
1 red chilli
Ginger
Butter
20 g brown sugar
Star anise
Salt, pepper

Preparing Guacamole

Peel the avocados and mash using a fork. Season to taste with fresh finely chopped chilli, lime juice, salt and roughly chopped coriander.

Anrichten

Preparing pickled onions

Boil 30 g sugar with 60 ml vinegar and 90 ml water. Season the stock to taste with fresh chilli, ginger and salt. Peel the red onion and cut into slices approx. 2 cm in thickness. Grill the slices in a pan without fat until they turn a dark colour. Then bring the onions to boil in the stock and allow them to marinate for approx. 4 hours.

Preparing cherimoya

Peel the cherimoya and remove the seeds. Sprinkle the pulp with a little lemon juice and mix briefly.



Preparing amaranth/quinoacrumble

Allow the amaranth and quinoa to caramelize in a pan with a little sugar, season to taste with salt, mole spice and fresh chilli.

Preparing sweetcorn sauce

Peel a shallot and dice finely. Lightly braise the diced shallot in a little butter. Add the boiled sweetcorn and dust with mole spice. Add the coriander stalks, finely chopped chilli and finely grated ginger. Cover with water and allow to simmer over a gentle heat for approx. 1 hour. Then mix everything together and strain through a fine sieve. Following this, season to taste again with salt and lime juice.

Preparing mole stock

Finely dice the shallots and lightly braise in butter, dust with mole spice and brown sugar, and allow to caramelize. Top up with 150 ml water and add a little chilli, ginger, coriander and star anise. Allow to simmer over a gentle heat for 2 hours and then strain through a fine sieve. Season to taste with lemon juice and salt.

Preparing monkfish

Season the monkfish with salt and pepper. Sear on all sides in a pan with a little fat for approx. 20 seconds, then cook in the preheated oven on Hot Air 130 degrees for approx. 6 minutes. Remove the fish from the cooking space, briefly allow to rest for 2 minutes and then fry again in freshly whipped butter. Then slice into equally sized pieces.

To serve

Place the monkfish in the centre of the plate so that it surrounds three dots of guacamole. Distribute the lukewarm pickled onions decoratively and do the same with the pawpaw. Pour on the mole and kazaar-coffee broth. Smother the fish with the sweetcorn sauce and sprinkle with the crumble. Garnish with fresh coriander.

Cooking level for the monkfish

With Preheat

6 minutes | Hot Air setting at 130 °C