

STEIN'S AT HOME

The Spring Monkfish Menu



Mussels with Tomato and Chilli



Roasted Monkfish



Strawberry Eton Mess



Watch Rick cook the menu

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Mussels

with tomato and chilli

Ingredients:

Mussels | Oil | Garlic | Chilli flakes | White wine
Chopped tomato | Parsley | Sourdough bread

Cooking Instructions:

Clean the **mussels**, removing fibrous beards, wash under cold water and discard any mussels that stay open when tapped or squeezed.

In a large pan with a lid, add the **oil, garlic** and **chilli flakes** and cook for 20 seconds.

Increase the heat to high, add the **mussels** and **white wine**.

Cover and cook for 2-3 minutes until all the **mussels** are open, then add the **chopped tomato** and **parsley**.

Serve in two warmed bowls, with a couple of slices of **sourdough bread** to mop up the delicious juices.



An Italian recipe I first tasted in Naples. It goes very well with pasta, like linguini or spaghetti as a main course.

Roasted Monkfish

with crushed new potatoes and watercress

Ingredients:

Monkfish | Potatoes | Watercress
Balsamic dressing

Cooking Instructions:

Pour the potatoes and oil from the bag into a saucepan and warm gently, crushing the **potatoes** with a potato masher, or fork.

Very roughly chop the **watercress** and fold into the **potatoes**, season with **salt** and **pepper**.

Season the **monkfish** with plenty of ground **black pepper** and **salt**. Add some **olive oil** to an ovenproof pan and heat. Place the fillets of **monkfish** in the pan and cook it for about 4 minutes turning 2 or 3 times to get some colour and texture on the fish.

Heat the oven to 200°C. When you have seared the **monkfish** place the pan from the hob into the oven and cook the fillets for 4-5 minutes. Remove the **monkfish** from the pan.

Add about 50cl of **water** to the pan (Remember if the pan has a handle it will be very hot from the oven so don't forget to use an ovencloth / glove). Deglaze the pan then stir in the **olive oil** and **balsamic dressing** and reduce in the pan, stirring occasional for about 3-4 minutes.

Plate the **potatoes** onto two warmed plates.

Slice each **monkfish** into three and put on top of the **potatoes**, then dress with the **oil** and **balsamic dressing** from the pan.

Strawberry Eton Mess

Ingredients:

Meringues | Cream | Strawberry compote

To Serve:

Whisk the **cream** in a bowl until it forms soft peaks.

Break the **meringues** into chunks.

Gently fold the **meringue** pieces into the **cream** with most of the **strawberry compote**.

Spoon the Eton mess into two bowls pouring over the remaining **compote** between the two plates to dress.



I particularly like the crushed new potatoes it's the warm olive oil and watercress that make it so special.

Made in an environment handling: **CELERY, CEREALS CONTAINING GLUTEN** (such as barley and oats), **CRUSTACEANS** (such as prawns, crabs and lobsters), **EGGS, FISH, MILK, MOLLUSCS** (such as mussels and oysters), **MUSTARD, PEANUTS, SESAME, SOYBEANS, SULPHUR DIOXIDE AND SULPHITES, NUTS**

Please **refrigerate items** after opening your box.
Box contains **gel packs** which are designed to keep the food cool, please dispose of these.
Occasionally we may need to substitute products if we're unable to source from our suppliers.