

STEIN'S AT HOME

The Autumn Monkfish Box



Salt & Pepper Prawns



Monkfish



Blood Orange Cheesecake



Watch Rick cook the menu

Visit our **Rick Stein Restaurants YouTube channel** or scan the code to watch Rick cook the menu.



Listen to Rick's playlist

Search **Spotify** for **Stein's Sounds** or scan the code to listen to Rick's favourite kitchen tracks.



Salt & Pepper Prawns

Ingredients:

Prawns | Salt and pepper spice mix | Water cress
Cucumber | Soy & sesame dressing | Lime

Cooking Instructions:

You can either grill or pan-fry the **prawns** with their shells on with a bit of **vegetable oil** for 5-6 minutes.

In the meantime, slice the **cucumber** into batons and mix the **water cress**, then dress them with the **soy & sesame dressing**.

Slice the **lime** into wedges.

Once the prawns are cooked, cover them in generous amounts of **spice mix**.

Plate up the **prawns** with **salad** and a **lime wedge**. Place the remaining spice mix on the side of the plate to dip the prawns in.



A gloriously messy dish and a firm favourite on the menu in our café in Padstow.

Monkfish

with parma ham and sauerkraut

Ingredients:

Monkfish fillets | Parma ham | Sauce reduction
Sauerkraut | Flat leaf parsley

Cooking Instructions:

Season the **monkfish** with **salt**.

Lay the **parma ham** down on a board and wrap the **monkfish** nice and tightly in the ham, then put in the fridge for 20 minutes to set.

Preheat oven to 200 degrees.

Heat up a frying pan with some **vegetable oil**, then sear the **monkfish fillets** on each side, no more than 1-2 minutes in total, then put in the oven for 8-10 minutes.

While the **monkfish** is in the oven, put the **sauerkraut** into a small saucepan and warm on a low heat.

Chop the **flat leaf parsley**.

Take the **monkfish** out of the oven and rest for a few minutes.

Put the **sauce reduction** into the still-warm **monkfish** pan and mix it in with the juices leftover from the **monkfish**. Bring to the boil for a little bit. This will add flavour and also warm the **sauce** for the meal.

To serve, slice the **monkfish** into three, plate on top of the **sauerkraut**, drizzle the **sauce** over the **fish** and around the side and garnish with the **chopped parsley**.

This dish is a bit special. I think you'll agree.



Blood Orange Cheesecake

Ingredients:

Cheesecake

To Serve:

Enjoy the **cheesecake** straight from the jar



I love eating this blood orange cheesecake straight out of the jar. This is how we serve it in our restaurants.

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.