

Schpoons & Forx

CRISP MONKFISH CHEEKS, KATSU SAUCE & CORIANDER

Makes 8 as a Starter

INGREDIENTS

24 Monkfish Cheeks
Beer Batter
Fresh Coriander
Flat Parsley
50g Plain Flour
Vegetable Oil

SPICED BEER BATTER

125g Plain Flour
Pinch of Turmeric
8g Yeast
2g Salt
200ml Beer
Sparkling Water

KATSU SAUCE

Vegetable Oil
1 Onion, peeled & chopped
1cm Root Ginger, chopped
1 Bramley Apple, peeled & chopped
2 Cloves Garlic, peeled
3 Carrots, peeled and chopped
2 tbsp Plain Flour
2 tbsp Medium Curry Powder
1.5L Chicken Stock
1 tsp honey
1 tbsp soy sauce
1 bay leaf
5 tsp garam masala
 $\frac{1}{2}$ tsp cumin seeds
 $\frac{1}{2}$ tsp fennel seeds

METHOD

1. Beer Batter - Combine flour, turmeric, yeast and salt in a medium bowl add beer until forms a paste loosen to desired consistency with the sparkling water.
2. Katsu Sauce - In a pan fry the onion, ginger, apple, garlic & carrots until caramelised and golden brown. Add the spices, plain flour and cook until a thick paste. Pour in the hot chicken stock, cook for 20mins until the carrots are cooked through. Remove from the heat and season with the honey and soy sauce. Cool & blitz in a processor and pass through a sieve.
3. Heat the vegetable oil in a high sided pan to 170°C . Pick the flat parsley and pat dry - fry in the hot oil until crispy, then place onto a kitchen towel to remove any excess oil.
4. Trim the monkfish cheeks of any sinew and pat dry, roll in the plain flour, shake off any excess. Dip them into the beer batter and fry for 3-4 mins in the hot vegetable oil.
5. Place the monkfish cheeks onto a plate and serve with the katsu sauce & coriander cress.