



Recipe
suggestions

Monkfish poached in red wine (serves 2)

Ingredients

- > 2 x 200g monkfish fillets
- > 1 cinnamon stick
- > 1 star anise
- > 1 tsp coriander seeds
- > 1 tsp green cardamom
- > ½ tsp black peppercorn
- > 375ml red port
- > 250ml red wine
- > 1 bay leaf
- > 2tsp butter

Method

- > Gently toast the spices in a dry pan for 2 mins
- > Pour the port and red wine into the pan and add the bay leaf. Bring to the boil and simmer for 30 mins to infuse the flavours
- > Season the monkfish 15 mins before adding to the poaching liquid. Add to the liquid and cook for 10 mins.
- > To serve, spoon the fish into the middle of the plate and drizzle around the red wine sauce. Serve with mash and a wintery green, like kale

To place an order or to check what we have in store today,
please call **020 7318 3725**

James Knight of Mayfair
Selfridges Food Hall, 400 Oxford Street, London W1A 1AB
www.james-knight.com



By appointment to
Her Majesty Queen Elizabeth II
Fishmonger
James Knight of Mayfair



By appointment to
H. R. H. The Prince of Wales
Fishmonger
James Knight of Mayfair