

Cipriani

Roasted monkfish fillet with rosemary, black rice “Venere” and fish sauce



for 4 pax

For the caponata:

2 medium aubergines
2 green squashes
1 onion
4 ripe tomatoes
4 basil leaves
2 soup spoons of olive oil
Salt and pepper to taste

Slice the vegetables and onion in large julienne, peel the tomatoes and take the seeds off.

In a pot over medium heat, place the olive oil, add the sliced onion and sweat till soft, add eggplant and let it cook, than add the squash, let it cook, finally add the tomato and let it cook over low heat, Towards the end add the basil leaves slightly sliced in julienne, and then add salt and pepper to taste.

For the rice

7oz black rice of Venere
1 soup spoon of chopped onion
1 soup spoon of unsalted butter
Half glass of white wine
Half litre of beef stock

Salt and pepper to taste

Sweat onion with butter, then add the rice, refresh with the wine, then add the beef stock little by little and mixing slowly, let it cook for 20 minutes, salt and pepper to taste, let aside for 2 minutes and then put in small forms with butter to get the shape.

For the fish :

4 portions of monk fish tail plus fish bones

2 rosemary spring

2 garlic cloves

2 soup spoons olive oil

1 glass of white wine

17oz fish stock

10z butter

Salt and pepper to taste

For the sauce:

roast the fish bones in the oven with 1 garlic clove and one rosemary spring for 15 minutes, refresh with white wine, place everything in a pot and add the fish stock, let it cook for 20 minutes reducing the juice, add the butter.

Season the fish and pan fry with one garlic clove and rosemary spring, finish to roast in the oven.

Slice the fish and dress like in the picture, coating with the sauce.