

Monkfish and Spring Vegetables

From good ol' Keith Floyd's *Floyd on France*. This is a great one-pot fish dish that usually suits even those who may be a little nervous of eating fish. The earthy flavours from the vegetables used in the dish are terrific. Chard is a tad difficult to find but asparagus spears make a very good alternative since they also have an earthy flavour.

Planning

serves:	6
prep time:	15 mins
cooking time:	40 mins

Ingredients

1 kg monkfish tail, skinned & cut in large pieces
1 large onion, peeled and chopped
750g celeriac, peeled and diced
12 new potatoes, peeled and grated
150g small turnips, peeled and diced
150g carrots, peeled and diced
200g peas
150g swiss chard (white only), chopped
100g pancetta cubes
150g butter
salt and pepper
25ml double cream
300ml fish stock

Method

Preheat the oven to 200C/400F/gas 6.

In a large pan, melt the butter over medium heat. Gently fry the monkfish, vegetables and pancetta until the onion is transparent. Season with salt and pepper and arrange them evenly in an ovenproof dish. Moisten the fish and vegetables with some of the stock. (Don't make it too wet.)

Bake the dish in the oven for about 20 minutes. It should be bubbling nicely and just beginning to brown. While the fish is baking, reduce the fish stock by half, whisk in the double cream and keep warm.

Once the fish is cooked, divide it between your plates and pour over the stock and cream mixture to serve.