

## Rape en Escabeche

### MONKFISH ESCABECHE

200ml olive oil  
1 medium onion, halved  
and thinly sliced  
1 medium carrot, thinly  
sliced  
2 large garlic cloves, thinly  
sliced  
1 fresh green chilli,  
deseeded and thinly  
sliced  
2 bay leaves  
½ tsp coriander seeds,  
crushed  
sea salt and freshly ground  
black pepper  
150ml sherry vinegar  
100ml dry white wine  
450g monkfish fillets  
chopped fresh coriander,  
to garnish

1. Heat half of the olive oil in a saucepan set over a medium heat. Add the onion and carrot and fry for about 3 minutes, until the vegetables are tender but not browned.
2. Add the garlic, chilli, bay leaves and crushed coriander seeds and cook for 2 minutes, then season to taste with salt and pepper. Stir in the vinegar and wine and bring to the boil, then reduce the heat and simmer for 10 minutes. Cover and keep warm.
3. Meanwhile, using a small knife, remove the thin grey membrane from the monkfish, then cut the fillets into bite-sized pieces.
4. Heat the rest of the olive oil in a separate large frying pan set over a medium heat. Fry half the monkfish pieces for 3 to 5 minutes, until browned and crispy, then turn over and fry the other side for 3 minutes more, until the fish is just cooked through. Transfer to a plate lined with kitchen paper and repeat with the remaining fish.
5. Once all the fish is cooked, transfer it to a deep plate. Pour the warm vegetable mixture and the oil left in the pan over the fish. Leave to cool completely, then cover and chill in the fridge overnight.
6. Sprinkle with chopped fresh coriander just before serving. Serve chilled or at room temperature.

