

Monkfish medallions with Jerusalem artichokes, red lentils and thyme oil

Typical of Mediterranean cuisine, the monkfish is a lean fish, ideal to bake. A light and tasty second course thanks to the combination with red lentils and Jerusalem artichokes.



1h



4 people

Ingredients

1x 1200 g. Monkfish
200 gr Jerusalem artichoke
200 gr Red lentils
q.b Thyme flavored oil
q.s. thyme
q.s. Extra virgin olive oil

Procedure for preparing monkfish

Generally the monkfish is already sold without the head.

In case you buy it with the head, the procedure to clean it is as follows: use a sharp knife (or scissors) and cut the side fins. Cut the monkfish under the belly and remove the entrails.

Finally, make a clean cut on the back and remove the head.

Wash the fish thoroughly, rinsing it under running water. Incise at the height of the dorsal fin and remove the skin by pulling it towards the tail. The latter will then be cut by making an incision on the sides of the central bone. The monkfish has no thorns but only a central bone.

To eliminate the bone it is necessary to engrave following the profile. The two fillets are now ready to be baked in the oven at 180 degrees for 15 minutes.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	180°	15'	/	0%	V5	ON

Procedure for preparing lentils

Put 200 grams of non-soaked lentils in a vacuum cooking bag.

Add 340g of water to the lentils and close the bag. Bake for 20 minutes at 95 °.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	95°	20'	/	100%	V5	ON

Procedure for the preparation of the Jerusalem artichoke

Peel the Jerusalem artichoke and cut into thin slices with the help of a mandolin. Place the chips obtained in capacious molds and add a curl of butter. Insert the molds in the oven and cook them for 10 minutes at 210 °

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	210°	10'	/	0%	V3	/

Plating

Once cooked the chips of Jerusalem artichokes and lentils, place them on both sides of the plate. In the middle place the monkfish fillets previously cut into pieces. Finish the serving by seasoning with the flavored oil and fresh thyme leaves.

Chef's tips

The monkfish head is also excellent for preparing delicious fish broths or jellies.

Jerusalem artichoke is a tuber with excellent properties. Used in the kitchen to flavor dishes, the Jerusalem artichoke is also rich in vitamins and minerals, including inulin that facilitates digestion and regulates bacterial flora.