

INGREDIENTS:

4 medallions of monkfish – our fishmonger will cut them for you

50g butter

Sea salt

Freshly-ground black pepper

200ml white wine

50g chestnut mushrooms

50g sliced almonds

200ml double cream

4 strips of lemon rind

TIME: 30 mins**SERVING:** 2 people

Bring half the butter up to a sizzle in a frying pan, season the medallions and fry for about two minutes each side. Meanwhile thinly slice the mushrooms, sauté them in the remaining butter and drain on kitchen towel. Remove the fish and keep in a warm place. Pour the wine into the pan to deglaze, add the strips of lemon rind and bubble briskly over a medium heat until reduced by one third. Away from the heat stir in the cream, the almonds and the drained mushrooms. Add the fish and cook gently for three to four minutes or until the sauce has thickened slightly. Remove the lemon rind, check the seasoning and serve.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: