

INGREDIENTS:

4 small monkfish fillets
2 medium leeks very finely sliced
75g butter
Splash of olive oil
2 tablespoons of white wine which has been boiled for 15 seconds
4 tablespoons crème fraiche
4 slices Dancing Hill or Parma ham
Sea salt
Freshly-ground black pepper

TIME: 60 mins**SERVING:** 4-6 people

Preheat the oven to 190C gas mark 5. Melt 50g of butter in a heavy pan, add the leeks and cook gently for 15-20 minutes until soft. Wipe the fillets all over and season well with salt and pepper. Melt 25g of butter in an oven-proof dish or pan set over a medium heat and add a splash of olive oil. Add the fillets and brown on all sides over a medium heat then transfer to the oven for 12 minutes. Meanwhile add the wine and crème fraiche to the leeks, mix well and continue cooking over a low heat for three to four minutes, stirring frequently. Place the ham on a plate, cover with clingfilm and microwave on full power for two minutes or until crisp. Allow to cool slightly then crumble into the leeks. Check the seasoning. Divide the sauce between four plates, set the fillets on top and serve immediately.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: