

## BBQ Monkfish Kebab with Cous Cous

### Ingredients:

#### Serves 4

600g Monkfish Tails  
1 Red Pepper Cut into Chunks  
1 Yellow Pepper Cut into Chunks  
2 Red Onion Wedges  
1 Courgette  
1 Lemon  
4 Wooden Skewers

#### Cous Cous :

240g Cous Cous  
500 ml Boiling Water  
Fresh Basil Leaves

#### Marinade:

2 Garlic Cloves Sliced  
Handful Basil Leaves  
Zest & Juice of 1 Lemon  
1 Chilli  
Fresh Ground Black Pepper  
50ml Rapeseed Oil



### Method:

**Monkfish:** Cut Monkfish into nugget size pieces. Using a skewer the cut vegetables and monkfish together.

**Marinade:** Using a pestle & mortar ground all the ingredients together and spread marinade over the skewered fish and vegetables.

Grill the kababs or place on a BBQ. Turn occasionally and cook for approx. 10 minutes.

**Cous Cous:** Boil water and add water to the cous cous in a bowl. Stir with a fork and add the chopped basil leaves. Set aside.

Serve the kababs with the cous cous and a slice of lemon and a sprinkle of freshly chopped basil leaves.

**Brian's Tips:** Introduce a few fresh prawns also onto the kebab if you wish.

## Pan Fried Hake with Leeks and a Runny Egg

If you want to have more fish in your eating plan then Hake is an excellent choice as its easy to cook, soft in texture and has way less bones than any other fish. A fish that was not popular years ago is now one of my top choices as a fish. Its sweat and cooks.

### Ingredients:

#### Serves 4

600g Fresh Hake Fillets  
Half a leek Sliced  
Half an Onion Sliced  
100ml cream  
1 Clove Garlic Crushed  
Drizzle of Rapeseed Oil  
40g Butter  
1 Lemon  
2 Free Range eggs  
Black Pepper



### Method:

Heat a pan and add a drizzle of Rapeseed Oil and half the butter. Place the hake skin side down and cook for 2 minutes. Add few sprigs of Rosemary. Turn the hake over. Season with black pepper. Add the zest of a lemon over the Hake. Cook on medium heat for 4 minutes then transfer the Hake to a warm tray. Add to the same pan a knob of butter, followed by the leeks, onion and garlic. Reduce heat and sweat for 2-3 minutes. Add the cream and allow cream to warm through the leeks, onions and garlic. Season with fresh ground black pepper.

While leeks are sweating heat some water in a pod until light bubbles appear in the water like a glass of lemonade. Crack and gently drop your eggs into the water and cook ensuring you retain a soft runny egg.

Serve the Hake on top of the leeks and place the poached egg on top. Sprinkle with pepper and sprig of rosemary.

**Brian's Tips:**

Replace Hake with Cod, Haddock or Turbot

## Potted Smoked haddock Mornay

Great dish for a dinner party as it can be prepared in advance as a starter or main course. We have brought smoking back to the fore in recent times and Ireland has some great fish smokeries. I prefer the natural smoked fish which has a rusted edge appearance rather than a deep red colour of dyed version.

### Ingredients:

#### Serves 4

600g Smoked Haddock Fillets  
50g Butter plus 20g for greasing dish  
50g Plain Flour  
400ml Milk  
100g Cheese, keep it local  
Pinch of Nutmeg  
50g Breadcrumbs  
Chopped Fresh Parsley  
50g Parmesan Cheese  
Fresh Ground Black Pepper



### Method:

Place the smoked haddock fillets in a pan and cover with the milk. Bring to the boil and simmer for 7 minutes.

Remove fish from the milk and place in tin foil and keep warm

Melt butter in saucepan and add flour to make a roux, then add the milk the fish was cooked in. season with pinch of nutmeg and stirring all the time simmer the sauce until it thickens. Add the 100g of grated cheese.

Heat the grill. Place the fish into desired dish and pour over the mornay sauce.

Sprinkle with breadcrumb, chopped parsley and grated parmesan. Add a twist of freshly ground black pepper.

Place under the grill until a golden brown colour is achieved.

**Brian's Tips:**

Place a layer of spinach under the fish prior to pouring mornay sauce on the fish.