

Roasted Monkfish & Chorizo Hotpot

for 4 people - takes 45 minutes from start to serving

Ingredients

For the broth

- 110g/4oz yellow split peas
- 1 tbsp vegetable oil
- ½ onion, finely chopped
- 1 carrot, chopped into 1cm/½in cubes
- 1 garlic clove, crushed to a paste
- ½ leek, white part only, chopped into 1cm/½in pieces
- 110g/4oz button mushrooms, finely chopped
- 200g/7oz cooking chorizo, cut into 1cm/½in pieces
- 50g/2oz semi-dried tomatoes, chopped
- 1 tbsp tomato purée
- 500ml/17½fl oz chicken stock
- ½ tsp salt
- freshly ground black pepper, to taste
- 1 bouquet garni (made with 2 bay leaves and ¼ bunch thyme tied together with kitchen string)

For the monkfish

- 400g/14oz monkfish tail, trimmed
- 1 tbsp smoked paprika
- 1 tbsp salt
- 1 tbsp vegetable oil
- 50g/2oz unsalted butter
- 200g/7oz cooking chorizo, sliced thinly on the diagonal

To serve

- ¼ bunch flatleaf parsley, leaves only, chopped
- small handful coriander cress (available from specialist suppliers and online)
- extra virgin olive oil, to taste

45 minutes before serving

Place the split peas into a small saucepan and top with cold water. Bring to a gentle simmer for about 10-12 minutes, or until partly cooked but still slightly crunchy. Drain and set aside. Meanwhile chop the onion, carrot, garlic, leek, mushrooms and chorizo.

33 minutes before serving

Gently heat the vegetable oil in a pan and add the onion, carrot, garlic, leek, mushrooms, chorizo and tomatoes. Gently fry to soften the vegetables but not colour them.

28 minutes before serving

Add the tomato purée to the pan, then add the stock, partly-cooked yellow peas, salt, pepper and the bouquet garni.

Cut the monkfish into 1cm/ ½in thick slices. Mix the smoked paprika and salt in a small bowl, then lightly dust the monkfish with the mixture.

16 minutes before serving

Heat a medium non-stick frying pan, add the oil, then add the butter to the pan. When the butter begins to foam, add the monkfish pieces. Fry the fish, spooning the butter over it as it cooks. Once the fish is cooked through, remove it from the pan and set aside on a warm plate. Discard half of the butter.

3 minutes before serving

Add the chorizo to the pan and cook until crisp.

Add the chopped parsley to the broth and stir through.

Serving

Place 5-6 pieces of monkfish in the centre of each of four bowls. Place a few slices of cooked chorizo over the top then spoon over the broth. Garnish with the coriander cress and extra virgin olive oil to taste.