



Monkfish

with garlic and mushroom fricassee

500 g (1 lb) mixed wild mushrooms
oil
2 tablespoons unsalted butter
1 shallot, minced
chopped fresh tarragon
chopped chives
salt, pepper

6 garlic cloves
1 dl (½ cup) fish bouillon
1 dl (½ cup) whipping cream
1 tablespoon lemon juice

4 small monkfish, 300 to 400 g (10 to 14 oz) each
fresh thyme
unsalted butter
olive oil
12 unpeeled garlic cloves

1. Sauté each variety of mushroom separately in oil, then combine in a saucepan with the butter, shallot, tarragon and chives. Mix well and keep warm. Season with salt and pepper.
2. Peel and split the 6 garlic cloves and remove the shoot. Place in a saucepan, cover with cold water and bring to a boil. Repeat 2 or 3 more times, beginning with cold water each time. Drain, then return the garlic to the saucepan. Add the bouillon and cream and cook about 5 minutes. Pour into a blender and puree until smooth. Strain and season with lemon juice, salt and pepper.
3. Remove any skin and membrane from the fish. Trim the fins. Make a lengthwise gash on each side of the back bone, so that the fish will not curl during cooking. Sprinkle with salt, pepper, thyme and tarragon. Sauté with the unpeeled garlic cloves in equal amounts of butter and olive oil in a nonstick pan over medium heat for 10 to 12 minutes. Baste the fish constantly with pan juice. Remove the fish from the pan, discard the fat, and deglaze the pan with water or wine. Strain.
4. Spoon the mushrooms onto heated plates. Top with the fish. Spoon the garlic sauce all around. Reheat the pan juices and drizzle around and over the fish.



Bagatelle Norway
by Eyvind Hellstrøm