



Monkfish and Saffron

Serves 4

INGREDIENTS

800g monkfish, in large chunks
50g butter
1 sachet **POTE Saffron Filaments**
Salt and freshly ground black pepper

Sauce:

The juice of 1 lemon
50g butter, chilled and cut into pieces
Salt and freshly ground black pepper

METHOD

1. Preheat the oven to 200°C
2. Season the monkfish and place in a deep dish and bake for 10 minutes.
3. Remove fish and turn off the oven.
4. In a frying pan, melt the butter and fry the monkfish until golden.
5. Turn the fish onto a serving plate, sprinkle with the **POTE Saffron Filaments** and keep warm in the (turned off) oven. Save the saucepan for the sauce.
6. Scrape all the bits which have become stuck to the bottom of the pan. Over a low heat, add the lemon juice and season.
7. Whisk in the chilled butter and serve immediately with the monkfish.