

SO MUCH TO SEA...

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Monkfish with chermoula

Recipe by Marian Armitage

Chermoula is a Moroccan spice and herb mixture which needs to be tasted to be believed. It is ideal for use with a robust fish which can take the depth of the flavours. I have made it with fresh tuna and also here with monkfish. Ideally, prepare in advance and marinade for several hours so that the flavours can develop.

Ingredients:

3 tbsp sunflower oil

Large bunch fresh coriander – roughly chopped

4 cloves garlic, crushed and finely chopped

½ tsp chilli powder

1 level tbsp paprika

1 level tbsp ground cumin

½ tsp salt

2 cm piece of fresh ginger peeled and grated

Rind and juice of 2 lemons

Method:

Mix all ingredients together in a bowl or shake together in a large jam jar with a lid

Slice monkfish tails diagonally and lay in an ovenproof dish

Pour over the chermoula and allow to marinade (about 1 – 4 hours would be ideal, if possible).

When ready to cook, preheat the oven to 180°C and bake for about 20 minutes

When it comes to Seafood, choose the best, choose Shetland.

Thanks very much to the cooks and chefs who have contributed to this project.

Seafood Shetland
Scottish Salmon Producers' Organisation Shetland
Shetland Fish Producers' Organisation
Shetland Shellfish Management Organisation
Shetland Aquaculture Trust