

MONKFISH WITH BRANDY & MUSHROOMS



Jp McMahon

Jp McMahon has many strings to his bow. He is a chef, restaurateur and author.

He is culinary director of the EatGalway Restaurant Group, which comprises of Michelin-starred Aniar Restaurant, award-winning Spanish restaurant Cava Bodega, and Tartare Café & Wine Bar (Bib Gourmand). He also runs the Aniar Boutique Cookery School.

Jp is committed to the educational and ethical aspects of food, to buying and supporting the best of local and free-range produce, and engaging directly with farmers and producers.

Director, founding and current chair of the Galway Food Festival, Jp is an ambassador for Irish food.

He is a regular contributor to Radio One and Newstalk radio and has a monthly slot on RTE.

A deliciously delicate marriage of monkfish, mushrooms, cream and brandy.

SERVES 4

PREP TIME: 10 MINS

COOKING: 30 MINS

1 tbsp rapeseed (canola) oil, plus extra if needed

4 x 150g/5oz monkfish fillets

50g/2oz/4 tbsps cold butter (diced)

A few sprigs of thyme

250g/9oz mushrooms, quartered if large

2 tbsps brandy

200ml/7fl oz double (heavy) cream

1 tbsp finely chopped chives

Sea salt

Preheat the oven to 180C/350F/Gas Mark 4. Heat the oil in a large frying pan (skillet) over a medium heat. Season the fish with salt, and when the oil is hot, fry the fish on one side for about 2 minutes until the fish is starting to turn opaque. Add the butter and thyme, reduce the heat so the foaming butter doesn't burn and baste the fish for 2 minutes.

Place the fish in a small roasting pan and pour the butter over the fillets. Transfer to the preheated oven and cook for 3–5 minutes, depending on your liking. Remove from the oven and keep warm.

In the meantime, add the mushrooms to the pan and fry over a medium heat until nicely coloured. You may need a little more oil. Deglaze the frying pan with the brandy and heat for a few minutes to burn off the alcohol. Add the cream and reduce for 15–20 minutes until it is thick enough to coat the back of a spoon. At the last minute, add the chives and season the sauce with sea salt. Serve the roasted monkfish with the mushroom and brandy sauce.

Jp's Profile Pic, Photo credit: Ed Schofield
Food Pic, Photo credit: Ginger & Sage Photography

Recipes taken from
Irish Cookbook by Jp McMahon © Phaidon

