

Monkfish in Creamy Cashew Sauce Recipe

Ingredients: Serves 4

700g monkfish fillets
1 teaspoon ground turmeric
1 teaspoon salt
4 tablespoons sunflower or light olive oil
2.5cm piece of cinnamon stick
4 green cardamom pods
1 large onion, finely chopped
2.5cm piece root ginger, finely grated or 2 teaspoons ginger puree
1-3 green chilies, finely chopped (seeded, if wished)
90g roasted cashews
150ml single cream
2 tablespoons lemon juice

Method:

Wash the fish fillets gently and pat dry. Cut them into 5cm chunks and lay them on a plate in a single layer. Sprinkle half the turmeric and half the salt over them and mix gently. In a non-stick frying pan, heat half the oil over a medium-high heat and brown the pieces of fish quickly then drain on kitchen paper. Wipe the pan clean and heat the remaining oil over a low heat. Add the cinnamon and cardamom and let them sizzle for 15-20 seconds until the cardamom pods have puffed up. Add the onion, ginger and green chilies and fry over a medium heat until the onion is soft and a pale golden color (10-12 minutes). Stir regularly. Meanwhile, puree the cashews with the cream. When the onion is ready, stir in the remaining turmeric followed by the cashew nut puree. Pour in 175ml warm water and add the remaining salt. Stir and lay the fish on the sauce in a single layer. Cover the pan tightly and cook over a low heat for 2-3 minutes. Carefully spoon some of the sauce over the fish, shake the pan gently from side and re-cover. Cook for 1-2 minutes. Gently mix in the lemon juice, remove from the heat and serve.

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