

Medallion of monkfish, wrapped in Bayonne ham, spring carrots **by Julien Duboué**

Serves 4

Ingredients:

- 800g monkfish tail
- 5 fresh spring carrots, keeping green tops
- 500g spinach leaves
- a little butter
- 1 clove of garlic
- 1 branche of fresh thyme
- 8 long slices of Jambon de Bayonne
- 2 carrots sliced very finely lengthways (with the mandoline)
- olive oil, salt and pepper, Espelette chilli pepper

Utensils:

- Japanese mandoline
- chopping board
- knife
- frying pan
- dish for the spinach
- kitchen twine
- saucepan
- vegetable peeler
- scissors
- serving plates

Method:

- Melt the butter in a frying pan with a pinch of salt, a pinch of pepper, one branch of thyme and one chopped clove of garlic. When the butter has melted, add the spinach leaves (keeping a few for presentation)
- When the spinach is nicely softened, transfer to a dish and cool in the refrigerator.
- Slice the monkfish into two big steaks, remembering to remove the (dark) skin
- Make a hole in the steak with a knife all along the fish and insert the cold spinach mixture.

- Place the Bayonne ham slices side by side on the chopping board so that they overlap by one cm. Repeat the operation with the long slices of carrot. Place the monkfish steaks on top, sprinkling with a pinch of Espelette chilli pepper.
- Roll the ham and carrots around the fish steaks, to make one piece. Then truss with the kitchen twine, attaching in the length and then width (like a roast).
- Melt a good knob of butter and a tablespoon of olive oil in a saucepan with a clove of garlic and a branch of fresh thyme.
- When the butter has melted, place the monkfish 'roast' wrapped with its Bayonne ham and carrots in the pan.
- Brown on all sides, basting regularly with the fat from the pan.
- Meanwhile, peel the spring carrots, keeping 2 cm of the green tops. Sauté in a knob of butter, a tablespoon of olive oil, salt, pepper and a pinch of Espelette chilli pepper.

Service:

- When the "roast" and the carrots are both cooked, take them off the heat and remove the string from the fish. Cut into 2.5cm slices, present on individual plates with the spring carrots, and the reserved spinach leaves to garnish.