



Ingredients:-

400g monkfish tail, sliced into 2 fillets

2 sprigs fresh thyme, leaves stripped

12 rashers (about 140g/5oz) dry-cure rindless smoked streaky bacon

2 large tomatoes, halved

3-4 tbsp vinaigrette

Method:-

(1) Lay 1 monkfish tail fillet on a board, sprinkle with thyme leaves and season. Lay the other fillet on top with tapering tip in the opposite direction.

(2) Lay the bacon on a board, slightly overlapping and put the monkfish in the centre. Wrap the fish in the rashers so that it holds together quite firmly. Heat the grill for 3-5 mins. Place the monkfish on it, with the bacon joins underneath.

(3) Grill for about 7-10 mins until the bacon starts to crisp, then carefully turn over and cook for another 7-10 mins. At the same time, grill the tomato halves. As soon as the monkfish feels firm when pressed on top, remove and leave to stand for 5 mins. Save any pan juices and drizzle into the vinaigrette. Cut the monkfish into medallions, slightly on the diagonal. Dress with the vinaigrette, sprinkle with thyme and any pan juices and divide between four plates. Nice with baby new potatoes and maybe sautéed onions and wild mushrooms.