

INGREDIENTS:

2 medium monkfish tails,
membrane and cartilage
removed, and halved

120g granulated sugar

60ml light soy sauce

1 crushed garlic clove

Juice and zest of two large
oranges

Knob of butter

Tablespoon freshly-grated
ginger

2 tablespoons lime juice

Tablespoon Thai fish sauce

TIME: 30 mins**SERVING:** 4 people

Melt the butter in a heavy pan and brown the monkfish on all sides for about five minutes. Remove and reserve. Add the soy sauce, sugar, ginger, garlic, fish sauce, lime juice and orange juice and zest to the pan and cook over a medium heat until it starts to thicken. Replace the fish and cook for five minutes, basting with the sauce until it takes on a lacquered appearance. Serve the fish on a bed of rice to which you have added four finely-chopped spring onions, and pour the sauce over.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: