

Monkfish and cuttlefish are not ingredients that are exclusive to warm Mediterranean holidays and can be enjoyed just as much at home. So next time the sun is out on a lazy Sunday afternoon and the thought of a barbeque just seems like too much effort, try chef Max Leonard's one-pot lunch that is perfect outside under a parasol, with a chilled glass of zesty dry white.



# Monkfish & Cuttlefish Risotto

with Chorizo & Samphire

**Serves 4**

**Ingredients**

- 300g monkfish fillet (cut into chunks)
  - 1 cuttlefish cleaned & prepared (ask your fishmonger to do this for you)
    - 200g carnaroli rice
    - 100g marsh samphire
  - 100g chorizo sausage (cubed)
    - 1 tsp pimenton de la vera (sweet smoked paprika)
- 750 ml hot fish stock (veg stock will do)
  - 1/2 large white onion
    - 1 leek
- 1/2 head of fennel (save the fronds to garnish)
  - 4 cloves of garlic
  - 100g unsalted butter
    - 2 bay leaves
  - handful of chopped fresh herbs (parsley or coriander to garnish)

**Method**

Cut the monkfish into chunks and slice the cuttlefish thinly at an angle to shorten the cooking time and keep it tender.

Finely dice the vegetables and garlic (*excluding the samphire*) and sweat in a saucepan with olive oil and butter for a few minutes - you want them slightly softened not coloured. Add the chorizo, smoked paprika, bay leaf and seasoning, then fry for another few minutes.

Remove the chorizo from the pan and throw in the rice, fry for a few minutes until the rice appears translucent and add enough fish stock to cover the rice. As the rice absorbs the stock add more, again enough to cover, and stir continuously to ensure even cooking and allow the rice to release its starch.

When the rice has absorbed enough stock to become al dente (*this will take about 15 minutes*) add the monkfish, samphire and another ladle of stock. Cook for a further three minutes then add the cuttlefish, which will only need two minutes to cook in the risotto.

The risotto should be slightly sticky as the rice has released its starch, so add the rest of the butter in small cubes to loosen and emulsify the dish. Season the risotto and plate it up, finish with fresh herbs and a sprinkle of paprika or even chilli if you like a little more kick. ●



**Recipe by Max Leonard** . Chef at the George & Dragon . Speldhurst. tel: 01892 863125. [www.speldhurst.com](http://www.speldhurst.com)  
**Photos by Julian Leefe-Griffiths**

## WINE OFFER!

### Taste the Loire Mixed Case

An **exclusive** mixed case offer is available to **Lime** readers. Three bottles each of the two wines featured and six whites: three bottles of Sancerre and three bottles of Muscadet.

**The Reds**

- 3 Bernard Baudry, Chinon, Les Granges, 2005
- 3 Yannick Amirault, St-Nicolas-de-Bourgueil, Malgagnes 2003.

**The Whites**

- 3 Vincent Pinard, Sancerre, Cuvée Florès 2005
- 3 Domaine des 3 Versants, Muscadet et Sèvre et Maine, Sur Lie 2006

**£154.95** per case including delivery

To order please send an email to: [sales@double-barrel.net](mailto:sales@double-barrel.net) or call **01892 864163**.

If you would like to order any of the wines, but in a different format to the case offered, please go to [www.double-barrel.net](http://www.double-barrel.net).

