

Ceviche of Monk Fish & Salmon, Pickled Icicle Radish & Carrot (optional Salt Beef Croquette)

Recipe by: Laurence Tottingham



“The Icicle radish is a baby mooli essentially, lightly pickled strips with the ceviche of Monkfish and Salmon is a really nice starter. I added a Salt Beef Croquette for a point of difference. This is just a mix of French’s mustard, salt beef, mash, gherkins and parsley. It’s a nice contrast to have the hot and cold elements.”

Prep & Cooking Time: 40 minutes | Serves: 4 people

Ingredients

- Monkfish tail trimmed and cubed
- 2 tbsp lemon juice
- 2 tbsp lime juice
- 2 tsp dill & lemon Rock Salt
- 1 -2 fillets Salmon cubed
- Carrot ribbons
- Thinly sliced icicle radish
- 200g vinegar
- 50g sugar
- 50g water
- 2 tbsp chopped cooked Henson’s Salt Beef
- 2 tsp French’s mustard
- 4 tbsp mash
- 2 tsp chopped gherkins
- 2 tsp chopped parsley
- Pane mix, I have used panko breadcrumbs
- Breakfast radish and pea shoots for garnish
- Seasoning



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Method

1

Make the pickle for the radish by bringing to the boil the vinegar, water and sugar, allow to cool.

When cool drop the radish and carrot into the pickle for 20 minutes.

2

Mix together the lemon juice, lime juice and salt and pour over the fish, leave to cure for 20 minutes until tender.

3

Mix together the mash, salt beef, parsley, mustard, gherkins & season. Then pane and deep fry.

4

Slice the breakfast radish thinly and then bring everything together on the plate.