



l'art de cuisiner

STARK & WHYTE

Curried monkfish with tomatoes and coconut milk

Method

1. Preheat oven to 180°C (355°F)
2. Brown the chopped shallot and garlic in a frying pan. Add the curry powder
3. and stir.
4. Add the tomatoes and let simmer a few minutes. Add salt and pepper to taste, then the coconut milk. Allow the mixture to heat up.
5. Pour this sauce in the REVOL casserole dish, place the pieces of fish on top, put the lid on and bake 15 minutes.
6. Sprinkle on the chopped cilantro and serve.

BELLE CUISINE cocotte with lid, available in:

2.8 oz, 8.8 oz, 15.8 oz, 1.76 pt, 1.5 qt, and 2.2 qt sizes

Ingredients:

4 portions of monkfish
Olive oil
Salt and pepper
1 shallot, chopped
1 garlic clove, chopped
1 small tin of diced tomatoes
1 tbsp curry powder
1 small carton of coconut milk
Fresh cilantro, chopped



www.starkandwhyte.com