



**Thursday September 24th** - Another date for the diary. We're thrilled to be welcoming Susy Atkins to the Jack for a very special 'girlie wine evening.' Susy is a well-known, award-winning wine writer and broadcaster. As well as being the author of ten modern, down-to-earth books about wine, she also writes for the Sunday Telegraph, is wine editor for Delicious magazine and a regular presenter on BBC1's Saturday Kitchen. Starting with canapés and Champagne, Susy will then talk through a delicious spectrum of wines, accompanied by one of Matthew's specially designed tasting menus. Please see our website for full details.



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# 12 Months of Flavour

September 09

Monkfish with its firm textured 'meaty' flesh has looks that only a mother could love. It is a firm favourite among many top restaurants - not bad considering that thirty years ago it was barely considered fit for human consumption! It's worth noting as well that the Westcountry is the only region in the country where monkfish is fished at a sustainable level. Successful tempura has only two essentials, well made batter and well judged deep frying. We serve this as part of a salad with the dipping sauce doubling up as a dressing for the leaves.



THE JACK IN THE GREEN INN

Rockbears, Near Exeter, Devon EX5 2EE. Telephone: 01404 822240. [www.jackinthegreen.uk.com](http://www.jackinthegreen.uk.com)

# Tempura of Monkfish with Soy and Ginger

Serves 4



## Ingredients:

For 4 people you will need 600g fully trimmed monkfish sliced diagonally.

### Ingredients for the batter:

4 tablespoons of plain flour  
(plus a little extra for dusting)  
4 tablespoons of cornflour  
½ tablespoon baking powder  
Salt and pepper  
Approx 150 ml sparkling water

### Ingredients for the dipping sauce/dressing:

60 ml toasted sesame oil  
30 ml sake (dry rice wine)  
or 30 ml mirin (sweet rice wine). Failing that  
30 ml of sherry vinegar  
20 ml Japanese soy sauce (Kikkoman is an  
excellent brand)  
½ teaspoon of very finely chopped ginger  
1 small chilli very finely chopped

## Method:

- 1). Combine all the dipping sauce ingredients in a bowl and whisk well to emulsify (this can be made in advance, just give a good shake before you use it - an old screw top jar is excellent for this).
- 2). Sift the baking powder, flour and cornflour together in a large bowl and season well. Whisk in the sparkling water until the batter is just smooth and of coating consistency.
- 3). Heat your oil in a deep fat fryer (or wok) until the temperature reaches 190°C. Remember to fry in batches of only a portion or two at a time.
- 4). Dust each sliver of monkfish with a little seasoned flour (to help the batter stick) then draw each slice quickly through the batter and lower very carefully into the hot oil. Fry for one minute only until the batter is crisp and golden. Remove using a slotted spoon, drain on kitchen paper and sprinkle with salt.
- 5). Repeat with the remaining monkfish. Serve at once accompanied with your dipping sauce, a few dressed leaves and a little chopped coriander.

## Tips:

- 1). Temperature is vital, the batter must be cold and the frying oil hot if your tempura is to be light and crispy.
- 2). Don't try to cook vast quantities of fish at once. This lowers the temperature of the oil substantially and may result in one large greasy fritter rather than crisp delicate morsels.
- 3). The thickness of your monkfish needs careful consideration; too thick and they will take forever to cook, too thin and you will taste only batter.
- 4). Mix your batter at the very last minute and draw the fish through it lightly. At the Jack we use soda water but any bottled fizzy water would do (you can even use beer for a more unusual batter).
- 5). This recipe requires that the monkfish be void of all bone skin and membrane - your fishmonger should do this for you.