

MONKFISH WITH VEGETABLES

AND FISHERMAN'S *PICADA*

01 | SERVINGS
10 MIN | TIME

CONTAINS FISH 
CONTAINS SULPHITES 



Recipe by Carme Rusalleda

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Local products

This dish, inspired by traditional galley cuisine, features the Catalan picada technique, which consists of using a pestle and mortar to grind the ingredients down to a paste to be subsequently used in the recipe. In this case, Carme Rusalleda uses a fisherman's picada, which is typical of El Maresme, the coastal region from which she hails, and includes local products such as peas and fava beans.

Ingredients

- 100 g deboned monkfish
- 15 ml oil
- Salt
- White pepper
- 30 g potatoes
- 30 g carrots
- 30 g peas
- 30 g fava beans
- 30 g julienned spring onion

FOR THE FISHERMAN'S PICADA:

- ½ garlic clove
- 10 parsley leaves
- Salt
- 60 g skinless and seedless tomato pulp
- 30 ml wine
- 50 ml water

Preparation

STEP 1 Heat the oil and season the monkfish with the salt and pepper.

STEP 2 Cook the monkfish for 25 seconds on each side to sear it and then set it aside.

STEP 3 Prepare the fisherman's picada. Place the garlic, parsley and a little salt in the mortar. Add the skinless and seedless tomato pulp and grind the mixture. Add a little wine and also a little water.

STEP 4 Transfer the picada paste to the pan where you cooked the monkfish. Add the potatoes and the carrots. Cook everything for 4 minutes.

STEP 5 Then add the peas and the fava beans. Also add a little spring onion cut into thin julienne strips. Let it cook for two minutes.

STEP 6 Add the seared monkfish to the pan along with its juices. Cook for 30 seconds and then serve.