



Monkfish with seasonal mushrooms



LAYA

Advice: Depending on the mushrooms you could find in the market, they could be: Chanterelle, Senderuela, Shii-Take, Portobelo, Boletus.

INGREDIENTS (for 2 people):

400 gr. Monkfish
400 gr. Mushrooms
½ Meat juice
½ Fish juice
0.9 Olive oil
Salt

METHOD:

Add salt to the monkfish, lightly fry in the pan and Bake for 5 minutes, at 160°.
Fry the monkfish and add the meat and fish juices.
Serve on a porringer and put the mushrooms all over it.

Type of wine:
Young red

Grapes:
70% Garnacha Tintorera
& 30% Monastrell

Aging:
4 months in
French oak barrels

D.O. ALMANSA

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