

## **Monkfish & Vanilla Delight**

Vanilla Dream ice cream & monkfish.

### **Ingredients**

Mövenpick Vanilla Dream

For 2

400 g angler fish

12 slices of potato

1 mini gourd

2 scoops of Mövenpick Vanilla Dream

10 cl fish stock Cream

1/2 vanilla pod

Butter

Chervil and quinoa sprouts for decoration

Salt, pepper



### **Preparation**

Potatoes:

Warm through in a pan in a butter-olive oil mix over a low heat, then season with salt and pepper.

Vanilla sauce:

Reduce the fish stock. Add the vanilla pod, then the cream. Add salt and pepper. Remove the 1/2 vanilla pod and beat the sauce, adding the butter.

The gourd:

Cook the gourd in salted boiling water and refrigerate immediately. Cut into quarters.

The monkfish:

Season and pan-fry (in an olive oil-butter mixture). The cooking time depends on the thickness of the fish. Prick the fish with a skewer, and if the skewer goes in easily the fish is cooked. Reserve and keep warm.

Plating:

Slice the monkfish and place in the center of the plate. Add the slices of potato, forming a small pyramid. Add 3 bands of the vanilla sauce and the scoop of Mövenpick Vanilla Dream. Garnish with the quinoa sprouts and the gourd quarters.