

Monkfish and bacon skewers smoked with apple wood, grilled aubergine with thyme, sesame and lemon rice

Recipe for 4

Description

A surf and turf kebab with a smokey side, grilled aubergine, all accompanied by a rice infused with sesame seeds

Ingredients

Monkfish skewers

- 600 Gr Fillet of monkfish
- 300 Gr Bacon
- 2 Sprig(s) Thyme
- Salt and pepper
- Vegetable oil
- Olive oil

Basmati rice

- 0.50 Cup(s) Basmati rice
- 1 Unit(s) Onion
- 2 Unit(s) Garlic
- 1 Tsp Fresh ginger
- 1 Tsp Lemon zests
- 1 Leaf(ves) Bay leaf
- 1 Liter(s) Chicken stock
- 1 Pinch(es) Saffron pistil
- 1 Unit(s) Lemon juice
- 4 Sprig(s) Fresh cilantro
- 125 Ml White and black sesame seeds
- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **BBQ** at **425 F°**

Preparation

Skewers

Make cubes of the monkfish meat. Cut the bacon into thick rectangles. Place both into a bowl, add the fresh thyme leaves as well as a fair amount of olive oil. Season with salt and pepper and mix well.

Sotre it it the fridge, ideally for an hour.

Eggplant

Slice the eggplant into rounds, 5 to 7 mm thick, So they will hold together on the BBQ.

Rice

Toast the sesame seeds in the oven for 4 to 6 minutes, or in a dry frying pan over medium heat until it colours a bit. Peel and slice the onion, peel and chop the garlic finely. Grate the ginger, zest and juice the lemon. Remove the coriander leaves then chop them coarsely.

Skewers

Skewer the monkfish and bacon, alternating between the two, on metal skewers.

Place the skewers on the BBQ and cook until nicely coloured, then transfer them to the upper grill to finish them.

Eggplant

Drizzle oil on the eggplants, then season them with salt and pepper.

Place them on the grill, turning them at the halfway point to get nice sear marks, the cooking time should be quite quick.

First, rinse the rice with cold water until the water flows clear.

Bring the chicken broth to boil and infuse it with the saffron and bay leaf for a few minutes.

In another saucepan, add the butter with the onions. Sweat them until they are translucent.

Add garlic and ginger. Cook 10 seconds.

Add the rice and fry for 1 min in the onion mixture, then add all of the chicken stock.

When the rice boils, turn the heat down to simmer and cook for 10 minutes.

Then take the rice off heat and put on a lid. Let stand 10 to 15 minutes (it is at this stage that the rice will absorb the rest of the liquid and have its very particular texture).

Finally add the lemon zest, lemon juice and the roasted sesame, then mix.

Season with salt and pepper. Serve immediately.

Plating and finishing touches

Using a cookie cutter, make a nice compact cylinder of the basmati rice in the center of your plate, rest the skewers on top, and add the eggplant on the sides. Sprinkle with fresh coriander for garnish.

Bon appétit!