

Olive Oil Crusted Monkfish, Eggplant Puree, Tomato Compote, Olive Oil Emulsion

Chef Neil Ferguson of *Allen & Delancey* – New York, NY

Adapted by StarChefs.com

Yield: 4 Servings

Ingredients:

Monkfish:

2kg monkfish tail, cleaned and portioned in 120gram portions

"Black" olive oil:

400g black olives

100g olive oil

Olive oil emulsion:

2 soft boiled eggs

50ml vegetable stock

125ml extra virgin olive oil

125ml grapeseed oil

Salt

Eggplant puree:

2 large Italian eggplants

100ml olive oil

Salt

Tomato Compote:

2kg ripe tomatoes

Salt and pepper

1 sprig thyme

1 bay leaf

½ bunch basil leaves and stalks

1 head garlic

1 Tablespoon tomato concentrate

1 Tablespoon sugar

Olive oil

Cabernet sauvignon vinegar

To Assemble and Serve:

4 sweet gem lettuce hearts

Salt

Olive oil

Method:

For the "Black" Olive Oil:

Overnight, spread the olives on a sheet tray and dry out in an oven set at 175°F. The following day blend 100g of those olives with 100g of olive oil until shiny and smooth in the Vita-Prep blender. Reserve.

For the Olive Oil Emulsion:

Place the eggs in the Vita-Prep blender and blend with the vegetable stock to make a smooth paste, slowly drizzle in the olive and grapeseed oils to form an emulsion, salt lightly, and reserve.

For the Eggplant Puree:

Peel the eggplants and cut into large dice. In a hot rondeau heat the olive oil and cook the eggplants until very light golden and completely soft. Transfer to the Vita-Prep blender and blend until silky and smooth.

For the Tomato Compote:

Blanch, shock, peel, and deseed the tomatoes. In a deep pan heat some olive oil, add the tomatoes, thyme, bay leaf, basil, garlic, salt and pepper, concentrate and oven roast, uncovered for 20-30 minutes, stirring occasionally. When the liquid starts to evaporate and get syrupy, sprinkle the top of the tomatoes with the sugar and return to the oven to caramelize. Remove from the oven and "season" the compote with the vinegar to taste and transfer to a colander set over a bowl. Once cool, remove thyme, bay leaf, basil, and chop, leaving it fairly chunky. Correct seasoning and reserve.

For the Monkfish:

Heat three or four spoonfuls of the black olive oil to medium heat and proceed to baste the fish with the oil, almost poaching it. The fish will take on a very dark complexion on the outside. Reserve on a wire rack and rest meat for 3 to 4 minutes.

To Assemble and Serve:

In a pan, quickly but gently roast the salad hearts in olive oil and season. Spoon some eggplant puree on the plate, and place monkfish tail on top. Place a spoonful of tomato compote, garnish with a lettuce heart and drizzle a cordon of olive oil emulsion around the plate.