Fish spare ribs



Used Bresc products



Bresc Garlic chopped 1000g



Bresc Garlic chopped 450g



Bresc Green & red chilli WOK 450g



Bresc Mango and habanero salsa 1000g



Bresc Roasted garlic and soy glaze 450g

Ingredients

4

- 1,000 g monkfish tails
- 150 g Bresc Mango and habanero salsa
- 75 g Bresc Roasted garlic and soy glaze
- 50 g olive oil
- 10 g Bresc Garlic chopped
- 5 g BRESC Green & red chilli WOK
- salt and pepper

- 160 ml water
- 160 ml sushi vinegar
- 20 g Bresc Garlic chopped
- 20 g sugar
- 5 g salt
- 2 onions, red
- 1 jalapeño pepper

Preparation method

Cut the monkfish tails into one-portion slices and make incisions to create ribs. Mix the olive oil with the Green & red chilli WOK and garlic. Season with salt and pepper, marinate the monkfish in the mixture, then cook sous-vide at 50 for 20 minutes. Chill when it is finished. Heat the barbecue to 150 °C. Lacquer the fish with the Roasted garlic and soy glaze. Roast the ribs briefly on both sides. Serve with the Mango and habanero salsa and sweet-and-sour onions.

Cut the onions in half and then slice them. Slice the jalapeño. Mix together and add the garlic. Bring the sushi vinegar, water, sugar and salt to the boil. Add the mixture to the onions and pepper. Seal in a vacuum bag and leave it to marinate for at least one hour.