INDIRECT · EASY

Monkfish en papillote with fennel and orange on the kamado

Twenty-five minutes, a sealed paper parcel and little else: monkfish steams in its own juices on a bed of fennel, with orange rounds on top. You open it at the table and it smells of winter.



PREP	COOK	SERVINGS	TEMPERATURE
15 min	25 min	4	195 °C

Ingredients

- **800 g** monkfish tail, skinned and membrane removed (4 medallions of about 200 g)
- **2 ud** eating oranges (one sliced, one for juice)
- **2 ud** garlic cloves, thinly sliced
- **4 cda** extra virgin olive oil
- **4 ud** sprigs of fresh thyme
- **1 cdta** flaky sea salt
- **2 ud** fennel bulbs, with their green fronds
- **1 ud** spring onion, finely shredded
- **60 ml** dry white wine
- **1 cdta** fennel seeds, lightly crushed
- **8 ud** pink peppercorns
- **1 pizca** freshly ground black pepper

Method

1 SET UP INDIRECT

Light the kamado with the charcoal in a central mound and fit the Big Green Egg ConvEGGtor plate setter (Large) legs up, grate on top. Settle the dome at 195 °C for at least 15 minutes: the ceramic itself has to be properly hot, not just the air. If you want that smoky scent on the paper, add one small chunk of orange wood now.

2 PREP THE MONKFISH

Ask for the monkfish tail skinned and, above all, stripped of the bluish membrane that wraps it: leave it on and it contracts in the heat and curls the medallion. Cut the tail into four medallions of about 200 g, pat them thoroughly dry with kitchen paper and salt them on both sides. Leave them 10 minutes at room temperature while you prepare the rest.

3 SLICE THE FENNEL

Peel away the tough outer layers of the fennel and slice it 2-3 mm thick on a mandoline or with a very sharp knife; any thicker and it will not soften in 25 minutes. Add the shredded spring onion, the sliced garlic, the fennel seeds, two tablespoons of the oil and the zest of half an orange. Toss with your hands and season.

4 SLICE THE ORANGE

Wash one orange and cut it into rounds about 5 mm thick, skin on: the peel stands up to the heat and perfumes without collapsing into the juices. Juice the second orange and mix it with the white wine and the remaining oil; that is all the moisture going into the parcel. Keep the green fennel fronds back, they go in raw at the end.

5 BUILD THE PARCEL

Cut four sheets of baking parchment about 40 cm long. Pile the fennel in the middle of each to make a bed two fingers deep, sit a monkfish medallion on top, cover with two orange rounds, a few pink peppercorns and a thyme sprig. Spoon over two tablespoons of the wine mixture and seal by folding the edges over on themselves several times, without cinching it against the fish: the steam needs room.

6 TWENTY-FIVE MINUTES SHUT

Set the four parcels on the grate with the Weber Pinza Precision 46 cm tongs, spaced apart, and close the lid. Twenty to twenty-five minutes at 195 °C and not a single peek: every time you lift the lid you lose temperature and the paper deflates. Around the fifteen-minute mark they will be ballooning, which is the sign that steam is doing its work inside.

7 CHECK THE CORE

At 20 minutes, push the Lavatools Javelin PRO Duo straight through the paper into the thickest part of the medallion. You are after 52-54 °C: the monkfish stays firm and juicy, still pearly at the centre. If it reads 48 °C, pinch the hole shut with the paper itself and give it another 3-4 minutes. Past 60 °C the flesh turns cottony.

8 OPEN AT THE TABLE

Lift the parcels out and let them rest 3 minutes still sealed: residual heat finishes the job. Carry them whole on the Boska Amigo L Tabla de Servir Haya 51 cm and open them in front of your guests, tearing the paper in a cross; the burst of orange and fennel steam is half the recipe. Finish with the green fennel fronds and a thread of raw olive oil.

Editor's tips

- The monkfish membrane is non-negotiable: the bluish sheath around the tail shrinks in the heat and leaves the medallion curled and leathery on the outside, so strip it off completely before you cut.
- Use baking parchment rather than foil: with orange and wine in there it is better to keep acid off metal for that long, and paper visibly inflates, confirming from the outside that the parcel is working.

- If your fennel ends up thicker than 3 mm, give it a quick two-minute sauté before building the parcel; 25 minutes of papillote will not soften it and it stays crunchy under the fish.
- One small chunk of orange wood is plenty, since the smoke only scents the outer face of the paper; load the coals with wood and you end up with soot and a parcel that smells of ash when you open it.

Gear for this recipe

Big Green Egg Large
mikamado.es/en/kamados/big-green-egg-large

Carboext 100% Holm Oak Lump Charcoal, 15 kg Sack
mikamado.es/en/accesorios/carboext-encina-15kg

Onlyfire GCG-8552 Cooking System (2 grates + rack + 2 deflectors) for Large Kamado
mikamado.es/en/accesorios/onlyfire-gcg8552-sistema-coccion

Weber Precision Tongs 46 cm (6760)
mikamado.es/en/accesorios/weber-pinza-precision-46

Boska Amigo L Beech Serving Board 51 cm
This recipe ends at the table: the four parcels travel sealed from the grate and are torn open in front of everyone, which is when the orange and thyme hit the room all at once. The 51 cm of the Boska Amigo L serving board give all four room without stacking them, and the beech takes paper straight off a 195 °C dome with nobody hunting for a trivet.

mikamado.es/en/accesorios/boska-amigo-l-haya

Full recipe at: mikamado.es/en/recetas/rape-papillote-hinojo-naranja-kamado

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