



# World Gourmet Summit 2004 Culinary Masterclass

## *The Cuisine of* **Frederic Filliodeau**

Le Cordon Bleu Paris  
Ottawa Culinary Institute, Canada

### Poached Fingers of Monkfish with Saffron Perfumed Vegetable Broth



Serves 4

#### **INGREDIENTS**

##### Vegetable Broth

- 1 Leek, carrot and celery trimmings  
onion, finely sliced
- 3 1/2oz leek, julienne  
3 1/2oz carrot, julienne  
3 1/2oz celery, julienne  
1 3/4fl oz Dandaragan Estate Olive Oil  
1 tsp saffron threads

- 1 1/4lb monkfish fillets, skinless,  
cut into 5-x1-cm fingers

Salt and freshly ground pepper, to taste

##### Garnish

- 1 Finely chopped chives  
tomato, skinned, seeded and diced

#### **Method:**

1. Place the leek, carrot and celery trimmings as well as the onions into a heavy-bottomed pot. Fill the pot with water and simmer for 30 minutes. Keep hot.
2. Sweat the julienne leek, carrot and celery with the saffron in a shallow pan with some **Dandaragan Estate Olive Oil**. Add the monkfish to the pan and strain the hot vegetable stock over them mixture. Return to a boil then remove from the heat and season with salt and pepper.

#### **To Serve:**

Serve immediately in hot soup plates with plenty of broth. Garnish with the chives and diced tomatoes.