



Monkfish Liver and Carrot tubes filled in with Tomato

Serves 6



The Market Basket

1 jar of Monkfish liver Truffières de Rabasse

1 small onion, diced

3 fresh tomatoes or canned tomatoes

1 clove garlic crushed

Sugar to taste

Sea salt

1 Granny Smith apple

2 large, fat carrots, peeled

Sprouts

1 bunch tarragon

Thin-sliced bread, cut into triangles and toasted

The Recipe

1. In a sauté pan, cook onion, tomato, and garlic over low heat. Add a bit of sugar and salt, to taste. Cook until soft but not browned and well reduced, about 20-30 minutes. It will become a sweet chutney.
2. Slice the apple in the thinnest slices possible, then cut into very fine Julienne.
3. Using a mandoline or deft hand, make thin lengthwise slices of carrot.
4. Curl the carrot around itself and set it on serving tray on its side, so that it has a void in the center. Fill the hole with tomato concassée.
5. Cut the monkfish liver into ¼ inch thick slices. Place them on triangle toasts. Intersperse carrot/tomato canapés with monkfish liver toasts.
6. Pass the canapés with cocktail napkins.

The Chef's Tip

Our Chef, Christian Etienne, offers you this Truffle recipes on www.rabasse.com and his Monkfish Liver recipes on www.monkfish-liver.com
