

★ U.K. ★ BBQ ★ Week ★



Direct grill



Final Temp
50°C



20 mins



£10



Serves 4

RECIPE

Monkfish and Scallop Kebabs with Miso and Grapefruit Glaze



INGREDIENTS

For the kebabs

500g Monkfish fillets

12 scallops shelled

4 metal or bamboo skewers.

Miso glaze

1 tbsp miso paste

1 tbsp soy sauce

1 tbsp sesame oil

Grated piece of fresh ginger (about
thumb size)

2 grated cloves of garlic

Juice half a grapefruit.

METHOD

1. If using wooden or bamboo skewers soak in water for an hour.
2. Cut the monkfish tails into cubes approximately the same size as the scallops and thread alternately on the skewers.
3. Mix all the glaze ingredients in a very small saucepan and heat gently until boiling. This can be done on the bbq. Then reserve the hot glaze for the cook.
4. If using the open fire birch log method put the logs on the coals for five minutes before cooking then rest the skewers over the fire on the logs.
5. Cook, turning occasionally. About half way through the cook apply the miso glaze repeatedly with a silicone brush. Take off the fire when the internal temperature reaches 50°C.
6. Enjoy alone or with a simple slaw or salad.

Recipe by Steve Johnson

