

Monkfish in Marinade

Courtesy of Cathryn Falwell, Gorham, Maine

Ingredients

2 lb Monkfish fillet
4 T olive oil
4 T lemon juice
4 T white wine
3-4 cloves garlic, minced
2T fresh parsley
1/4 t each salt & pepper
4 T butter for pan, or use olive or avocado oil
2 T capers
lemon slices for garnish



Directions

In a small bowl, whisk together olive oil, lemon juice, wine, garlic, parsley, and salt & pepper. Place monkfish fillets in a sealable plastic bag and pour marinade over. Seal and refrigerate for at least 30 minutes.

Preheat oven to 400 degrees. Heat butter/oil in a cast-iron skillet over medium-high heat. Pan-fry monkfish fillets along with the marinade for five minutes on each side, or until the color turns from translucent white to solid white. Avoid browning by lowering the heat if necessary.

Place skillet with fillets in oven for 10 minutes to seal flavors. Remove and top with lemon slices and capers, and serve over rice, pearl couscous, or a bed of wilted spinach. Great with roasted vegetables!