

Monkfish in Creamy Mushroom Sauce

Serves 4-6 people

Ingredients

- 1 tbsp. Cooking oil
- 1 lb. mushrooms
- 4 scallions
- 3 cloves garlic
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 2 lb. monkfish fillets
- 1/4 c. heavy cream



1. Heat the oven to 450°F.
2. In an ovenproof pot, heat the oil over moderately high heat. Add the mushrooms and cook until starting to brown, about 5 minutes.
3. Chop the scallion, separating the bulb and the greens. Add the scallion bulbs and garlic to the pot, and season with salt and pepper. Cook until the scallions start to soften, another 5 minutes.
4. Season the fish with salt and pepper. Place the fish on top of the mushrooms and scallions and transfer to the oven. Roast until the fish is just done (6 minutes per 1/2" thickness of your fillet.)
5. Remove the monkfish from the pot and put the pot on top of the stove. Add the scallion tops and the cream to the pot. Bring to a simmer and allow sauce to thicken, 2 to 4 minutes.
6. Serve the fish topped with the sauce.

Side Ideas: This earthy entree would pair well with sauteed greens, roasted carrots, rice pilaf, or asparagus.