



## **How to Cook Monkfish**

Wash the fresh tails in cold water thoroughly before preparing.

Use a kitchen knife to remove the blue membrane. Be sure you cut it completely off, as it is inedible.

Sprinkle salt over the surface of the meat approximately 1 hour before cooking. Monk fish have a high-moisture content, and the meat will shrink or shrivel unless you draw out the water with salt first. Pat the tail meat dry to remove excess water and remaining salt before cooking.

Preheat the oven to 425 degrees Fahrenheit (218 degrees Celsius).

Brush olive oil onto the surface of the meat, and season it with salt and pepper. Spray a baking dish with non-stick oil, and put the tails inside.

Place the dish in the oven, and bake the fish for approximately 15 minutes, or until the meat turns white. The fish is done when the meat is still firm to the touch.

### **Pan Roasting Monk fish**

Preheat the oven to 425 degrees Fahrenheit (218 degrees Celsius).

Preheat an oven-proof pan until it is hot.

Place the seasoned monk fish in your pan, and allow it to sear for approximately 2 minutes. Flip the tail over, and allow the uncooked side to sear for another 2 minutes.

Place the tails, still in the oven-proof pan, inside your heated oven, and allow them to bake for approximately 6 to 8 minutes or until done.

### **Grilling Monk fish**

Preheat your grill to a medium temperature.

Brush olive oil onto the surface of the meat, and season it with salt and pepper.

Place the fish on the grill surface, and allow it to cook for approximately 5 to 6 minutes. Use a meat spatula to flip the tails, and allow the other side to cook another 5 to 6 minutes.

# Frank's piggly wiggly®

## Poor Man's Lobster

1 1/2 pounds fresh or frozen monk fish, thawed  
1 cup (2 sticks) butter, melted  
1 teaspoon kosher salt  
1/2 teaspoon pepper  
1/8 teaspoon paprika  
Fresh parsley sprigs for garnish  
Lemon slices for serving

Preheat the oven to 375 degrees F.

Arrange the fish in a shallow casserole. Pour half of the melted butter over the fillets. Sprinkle with salt, pepper, and paprika.

Place the fish in the oven and bake, uncovered, basting occasionally, until the fish flakes with a fork, about 15 to 20 minutes. Garnish with parsley. Serve with lemon slices and the remaining melted butter for dipping.



## Monkfish Provincial

- 1 1/2 pounds monkfish fillets, roughly chopped
- salt and pepper to taste
- Cajun seasoning to taste
- 1/2 cup all-purpose flour
- 2 tablespoons olive oil
- 1/4 cup butter
- 3 cloves garlic, minced
- 1 large tomato, diced
- 1 (8 ounce) package sliced fresh mushrooms
- 1/4 cup dry white wine
- 1 tablespoon chopped fresh parsley



In a re-sealable plastic bag, mix the salt, pepper, Cajun seasoning, and flour. Place the monkfish in the bag, seal, and shake to lightly coat.

Heat the oil and melt the butter in a skillet over medium heat. Place the monkfish in the skillet, and cook for about 3 minutes. Mix in the garlic, tomato, and mushrooms, and continue cooking 3 minutes. Mix in the wine and parsley. Continue to cook and stir 2 minutes, or until the monkfish flakes easily with a fork.

# Frank's piggly wiggly®

## Crispy Monkfish with Capers Recipe

1 1/4 pounds monkfish fillet  
1/4 cup all-purpose flour  
3 large eggs —2 beaten with 2 tablespoons of water, 1 hard-cooked and finely chopped  
1 cup panko (Japanese bread crumbs)  
Salt and freshly ground pepper  
4 tablespoons unsalted butter  
1/4 cup vegetable oil  
1 tablespoon finely chopped flat-leaf parsley  
1 tablespoon capers, drained  
1 teaspoon finely grated lemon zest  
Steamed asparagus and lemon wedges, for serving



Using a sharp knife, cut the monkfish fillet on the diagonal into 1/2-inch-thick slices. Put the flour, beaten eggs and panko in 3 shallow bowls. Season the fish with salt and pepper and dust each slice on one side only with flour, tapping off the excess. Dip the floured side in the egg and then in the panko, pressing to help the crumbs adhere.

In a large skillet, melt 2 tablespoons of the butter in 2 tablespoons of the oil. Add half of the monkfish, breaded side down, and cook over high heat until golden, about 3 minutes. Carefully flip the fish and cook just until white throughout, 2 to 3 minutes longer. Transfer the fish to plates, breaded side up. Repeat with the remaining butter, oil and fish.

Sprinkle the monkfish with the parsley, capers, lemon zest and chopped egg. Serve with asparagus and lemon wedges.