

## Monkfish with Black Pepper

### **INGREDIENTS:**

2 Tablespoons Olive Oil  
4 to 6 small fillets of monkfish tails, about 1  $\frac{1}{2}$  pounds, membrane removed  
Flour for dredging  
 $\frac{1}{2}$  cup dry white wine  
1 cup fish stock  
2 tablespoons minced shallots  
 $\frac{1}{4}$  cup (1/2 stick) butter, softened  
1 tablespoon cracked black pepper  
2 tablespoons minced fresh parsley

### **DIRECTIONS:**

Preheat oven to 350 degrees F. Heat a 12-inch non-stick skillet over medium-high heat for 4 to 5 minutes. Add the oil and when it is hot (a pinch of flour will sizzle), dredge the monkfish tails lightly in the flour, shaking off all excess, and sear on all sides until lightly browned, about 12 minutes. Remove the monkfish to an ovenproof platter and place in the oven while you finish the sauce.

Add the wine to the pan and reduce over medium-high heat, stirring. Add the stock and shallots and cook down to about  $\frac{1}{2}$  cup. Lower the heat to a minimum and stir in the butter, 1 tablespoon at a time, until the sauce is smooth and thick. Add the pepper and parsley and stir. Pour in any juices that have accumulated around the monkfish. Spoon the sauce over the fish and serve immediately.

Servings: 4