

Sautéed monkfish fillets

Lotte meunière



60-Minute Gourmet



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There are scores, if not hundreds, of fish swimming around in American waters that are all but unknown on the American table, often because fishermen toss them back into the sea. But some are startlingly good and can be purchased in season in fish markets. One such fish is monkfish, also known as bellyfish or anglerfish.

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10 thin slices skinless,
boneless monkfish fillets,
cut on the bias (about
1 lb total weight)

Salt and pepper

¼ cup flour

2 tbsp milk

¼ cup peanut, vegetable or
corn oil

¼ cup butter

Juice of 1 lemon

8 thin seedless lemon slices

2 tbsp finely chopped fresh
parsley

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1. Sprinkle the fish slices on both sides with salt and pepper.
 2. Dredge the fish slices in flour and shake off any excess. Dip the slices in milk, turning them to moisten all over. Dredge the slices in flour again, shaking off any excess.
 3. Heat the oil in a skillet large enough to hold the slices in one layer. Add the fish slices. Cook over high heat for 3-4 minutes, or until golden brown on one side. Turn to cook the other side about 2 minutes, or until golden brown. Transfer the fish slices to a warmed serving platter and keep hot.
 4. Pour off the fat from the skillet and discard it. Wash and dry the skillet. Melt the butter in the skillet, swirling it around until it starts to turn brown.
 5. Sprinkle the fish slices with the lemon juice, then pour over the browned butter.
 6. Garnish the fish with the lemon slices, and sprinkle with the chopped parsley.
- 4 servings.**