

Bread-Crusted Monkfish

1 cup *diced toast bread*
1 *diced tomato*
1 bunch *chopped thyme & marjoram*
½ cup *roasted pistachios*
2 tbsp *grated parmesan cheese*
2 tbsp *olive oil*
◇
1 lb *filleted monkfish*
1 tsp *salt*
1 tbsp *corn starch*
olive oil
◇
½ cup *dry white wine*
½ cup *heavy cream*
1 tsp *corn starch*

Preheat oven to 380°F.

Dice bread, mix with half of parmesan cheese and pan fry in olive oil until it starts turning golden brown. Add diced tomato and chopped mixed herbs. Fry until dry. During the last minute, add pistachios. Set aside.

Clean monkfish and pat dry. Sprinkle with salt and corn starch. Pan fry at high heat for about 10-15 seconds each side.

Fill fish into a small casserole. Dissolve corn starch in wine and add to casserole. Add heavy cream. Cover fish

with bread crumbs and remaining parmesan cheese.

Bake until fish is cooked but still soft inside. About 15 minutes. Serve with rice.

Notes: If monk fish is not available, halibut may be substituted. Most fresh herbs are suitable, but avoid rosemary and sage as they are too overpowering. Good choices for wine would be pinot grigio, sauvignon blanc or riesling.

Serves three