



## Monkfish Piccata

### **Ingredients**

1 lb of monkfish fillets  
1 Tbl of olive oil  
1 Tbl of butter  
Flour  
Salt and pepper  
1/2 cup of white wine  
1 bouillon cube (chicken or vegetable)  
1 cup of water  
Juice of 1 lemon  
Egg noodles or rice

### **Directions**

Cut monkfish into medallions. Dust with flour, salt and pepper. Saute in butter and olive oil over medium heat until lightly browned. Transfer monkfish medallions to a plate.

Deglaze the pan with 1/2 cup of white wine. Add bouillon cube and 1 cup of water to pan. Bring to a boil.

Add monkfish back to the pan, simmer until sauce thickens and fish is reheated. Add the lemon juice. Serve over egg noodles or rice.

Source: MFC Events Coordinator Claire Bissell