



Steamed Monkfish

Ingredients

- 1 can of beer
- 1 lb monkfish fillets, cut into 3-inch pieces
- 1 TB fresh lemon juice
- 5-6 TBs melted butter
- 1 garlic clove, minced

Directions

Pour beer in bottom of a pan. Leave long enough to let it go flat.

Place monkfish fillet pieces on a collapsible vegetable steamer over the beer and drizzle with lemon juice. (Note: If you don't have a steamer, loosely crumple aluminum foil, put it over the beer in the bottom of a pan, and lay the fish on top of the foil. This worked for me!)

Cover and steam at a rolling boil for 10-15 minutes (do not overcook or fish will be rubbery).

Meanwhile, in a separate pan, melt butter and add garlic - to your taste - if desired. Let the garlic cook just a little in the butter, but don't let the butter get brown. Give each person a small dish of melted, garlicky butter in which to dip each luscious, tender morsel of fish.

Serves: 2 - 3

Notes:

The fish contains a good bit of water which cooks out of it, shrinking the portions, so don't count on feeding 3 people unless they've got small appetites!

Source: CSF subscriber Marilyn Haines. When Marilyn received her half-share of monkfish fillets last week, she went online for ideas as to how to cook it. This delicious recipe is her adaptation of some of the ideas that she found online.