



CHEF TYLER'S MONKFISH PICCATA

INGREDIENTS:

Yields: 2 entree servings

- 2-3 oz of cooking oil
- 1 medium sized locally caught monkfish tail
- ½ cup flour, seasoned with salt and pepper (optional)
- Pinch of fresh herbs, minced (thyme, oregano, and tarragon)
- 1 tablespoon minced garlic
- 1 tablespoon minced shallots
- 5 oz dry white wine
- 2 tablespoons capers
- 1 tablespoon lemon juice
- 6 oz butter
- 8 oz of linguine, precooked and rinsed

PREPARATION: *BUTCHERING THE MONKFISH*

1. Begin by rinsing the monkfish tail with cold water. Pat dry with paper towels and place on a clean dry cutting board with the tail end towards you and the head end outward.
2. Pinch the skin at the head and pull upwards, then slide your other hand inside the skin to break the membranes. Move both hands in the direction of the tail and the whole skin should slide off in one piece. If this step gives you trouble, you can use a sharp flexible knife to skin the fish.
3. Once skinned, remove the tail bones and fins using sharp kitchen shears. Place skin side down on the board so you can see the spine.
4. Remove the silverskin membrane by pinching at the tail end and peeling towards the head. Use a knife or shears to cut. Repeat on both sides.



*THIS RECIPE IS BROUGHT TO YOU IN
PARTNERSHIP WITH THE CAPE COD
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PREPARATION: *BUTCHERING THE MONKFISH (CONT.)*

5. Place the fish with the head towards you and spine up. Insert your filet knife to one side of the spine about 4 inches in and cut to the end. Then use your fingers to separate the meat from the spine and repeat on the other side. Try to stay as close to bone as possible.
6. Now, roll the fish onto its side and place your filet knife between the filet and the spine, blade facing outward. Using consistent gentle pressure, glide the knife towards the tail removing the first filet. Turn the fish over and repeat with the other filet.
7. Discard the spine. (Or, save to make a fish stock!)
8. Cut the filets into 2-3 inch medallions and reserve for the piccata

PREPARATION: *BUILDING THE PICCATA*

1. Dredge the monkfish medallions in the flour. Shake off excess.
2. Heat oil in a large skillet over medium high heat until oil is shimmering.
3. When the pan is hot enough, add a few medallions to the pan.
4. You should hear it begin to sizzle immediately. Do not crowd the medallions.
5. Cook medallions for about 90 seconds or until golden brown on the bottom then flip. Ensure there is still enough oil in the pan, add more if necessary.
6. Cook for another 90 seconds or so and then add garlic, shallots and herbs. Stir consistently and do not allow the garlic to burn.
7. When garlic and herbs are fragrant and starting to brown, remove the pan from the heat for a moment to add the wine.
8. Place the pan back on the heat and add lemon, capers, and salt.
9. Reduce the wine by about half and then add butter.
10. As the butter melts and the wine continues to reduce, add your pasta (already cooked) so it heats in the pan and absorbs some of the extra liquid.
11. Check for salt, add a pinch if needed, serve, and enjoy with good company!