

RACHAELRAY

RECIPE DATABASE

Monkfish and Gremolata

Serves 4

Rachael Ray

on 08/29/07

Gremolata works magic with vegetables (try it with asparagus), soups (try it with tomato soup or chicken stew) or grilled meats and fish. It's one of Rachael's favorite garnishes – as she says, "It's a knockout!" and turns any dish into a gourmet meal.

Here, Rachael has combined her Gremolata recipe with monkfish, a firm white fish.

Ingredients

- 3 pieces monkfish (4 ounces each), skin removed
- Salt and pepper
- 4 tablespoon extra virgin olive oil (EVOO)
- 2 tablespoons butter
- 1 sprig thyme
- Gremolata

Preparation

In a large, hot nonstick sauté pan, add EVOO until you see that it is starting to smoke, then add the fish to the pan. Make sure the flat side goes down into the hot pan (the side that the skin would have been on, had it not been removed already). Let the fish cook for about 3-4 minutes. Do not move it – you want to get a nice golden brown crust.

You will start to see the fish turn whiter in color. Edge it against the pan and add the butter and thyme. Let the butter melt and then flip the fish. With a spoon, gather up the melted butter and baste the fish by pouring the hot butter over top of the fish a couple of times. You should do this for about two minutes. The butter will have a slight nutty smell and the thyme will have made a popping noise.

Remove to a paper towel-lined plate to remove any excess fat. Plate up the fish and sprinkle with some gremolata.