



Yankee Style Monkfish (for a cold night)

Chef Duncan Boyd

Serves: 4

Ingredients

- 12 medallions of monkfish 1.5-2 oz each (about 3/4" thick)
- 4oz good bacon medium dice
- 3/4 lbs brussels sprouts, cleaned and quartered
- 6 oz crimini mushrooms cleaned and quartered
- 1 large granny smith apple, peeled, cored and cut in 1/2" chunks
- 1 large shallot, peeled, thinly sliced
- 1 teaspoon fresh thyme leaves
- 6 oz broth (fish, chicken or veg)
- 1 tablespoon butter
- 1/2 cup all purpose flour for dusting
- 1 tablespoon vegetable oil
- couple of drops lemon juice or cider vinegar

Directions

1. Bring 4qt lightly salted water to boil, add brussels sprouts, blanch 4-5 min. drain and shock with cold water, drain again.
2. In a 12 inch cast iron skillet over medium low heat add vegetable oil, then bacon, stir often and cook bacon to desired crispness, remove with a slotted spoon.
3. Pour off 1/2 bacon fat (optional) and increase heat to medium high. season medallions with salt and pepper, dust both sides with flour.
4. Cook medallions for 2 minutes on each side, remove from pan to a dish.
5. Add mushrooms, shallot and thyme cook 3-4 min, stir often
6. Add brussels sprouts and broth, simmer 3-4 minutes
7. Add apples, bacon, monkfish including juices (make sure fish and apples are in -not on top of ragout) return to simmer 4-5 minutes.
8. Remove from heat and swirl in butter and lemon/vinegar.
9. If you're feeling adventurous, top with chopped walnuts!

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