

Monkfish with Cherry Tomatoes and Creamy Sauce

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A great dinner party meal that you can whip up in less than half an hour, this simple dish really makes the most of the monkfish and fresh, seasonal tomatoes. Serve with some soft ciabatta rolls to mop up all that delicious sauce.

Ingredients:

4 x 150g monkfish medallions, boned and skinned
250g cherry tomatoes
4 anchovy fillets, minced
150g creme fraiche
50g butter
2 bay leaves
1 rosemary stalk
Oil

Directions:

1. In one pan, heat the butter until melted. Add the tomatoes and cook gently for about 8 minutes, until the skins start to soften.
2. Add the anchovy and stir well to coat the tomatoes. Heat a little oil in another frying pan and add the rosemary and bay leaves. Fry for a minute or so, then add the monkfish. Season well and fry for 3-4 minutes on either side until flaking.
3. Add the creme fraiche to the tomatoes and stir until melted and slightly thickened. Season if needed.
4. Discard the bay leaves and rosemary stalk. Divide the monkfish between 4 plates and top with the tomatoes and creme fraiche sauce.

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