

Monkfish With Caper Butter

By Florence Fabricant

YIELD 6 servings

TIME 15 minutes

INGREDIENTS

12 monkfish medallions, 1/2-inch thick (about 2 pounds)
½ cup all-purpose flour
1 teaspoon dry mustard
Salt and ground black pepper
6 tablespoons unsalted butter
1 tablespoon finely minced shallots
2 tablespoons drained capers
2 tablespoons extra virgin olive oil
1 tablespoon lemon juice
1 tablespoon minced tarragon leaves
Lemon wedges, for serving

PREPARATION

Step 1

Remove any gray membrane from the fish. Mix flour and mustard together and season with salt and pepper. Dip the fish slices in seasoned flour on one side only and arrange on a plate, floured side up.

Step 2

Melt the butter in a small skillet. Add the shallots and cook on medium until both the butter and shallots have browned and acquired a nutty aroma. Do not allow them to blacken. Remove from heat, stir in capers, season with salt and pepper and set aside.

Step 3

Warm 6 dinner plates or a platter. Heat olive oil in a large skillet, preferably cast iron. When very hot, add the fish medallions, floured side down, and sauté until they turn golden, no more than a minute or so. Transfer them, cooked side up, to the plates or platter.

Step 4

Briefly warm the caper sauce. Add the lemon juice and tarragon and spoon a little of the sauce over each medallion. Garnish with lemon wedges and serve.

PRIVATE NOTES

Leave a Private Note on this recipe and see it here.
