



# EASTERN FISHERIES MONKFISH WITH BACON AND TOMATOES

{ Serves 4 }



## INGREDIENTS

- 2-3 tablespoons olive oil
- 7 thick bacon slices, cut into pieces
- 4 garlic cloves, separated and peeled
- 3-4 lbs. Eastern Fisheries skinless monkfish fillets
- salt and pepper
- 4 tomatoes, peeled and seeded
- 1 cup dry white wine
- 1 tablespoon chopped fresh basil

## DIRECTIONS

1. In a heavy casserole dish, heat the oil over medium-high heat. Add the bacon and garlic and sauté until the bacon is fairly crisp and the garlic is beginning to brown, about 5-6 minutes. Put the bacon and garlic to the side and lay the monkfish in the dish. Sear until lightly browned on both sides, using tongs to turn the fish. Sprinkle lightly with salt and pepper.
2. Add the tomatoes and pile most of the bacon mixture on top of the monkfish.
3. Add the white wine and basil and stir to scrape up any browned bits from the bottom. Reduce heat to low, cover, and cook for about 20-25 minutes, or until the flesh starts to pull away from the backbone.

MONKFISH