

September 29th Cook a Fish, Give a Fish class w/ Branden Read from Celestial Cafe

Recipe: Monkfish Tail W/ Garlic, Mushroom & Greens Risotto

Ingredients: Serves 4

- 2 monkfish tails or 4 clean filets (approx. 2 lbs)
- 1 Tbs extra virgin olive oil
- 1 small onion - finely chopped
- 1 cup cooking sherry
- 2 cups white cooking wine
- 3 cups chicken or vegetable broth
- 3 cups Arborio rice (risotto)
- ½ cup grated parmesan cheese
- ½ tsp saffron
- 2 bulbs fresh garlic
- 2 bunches cooking greens (like kale or chard)
- 1 lb. mushrooms (your favorite kind)
- 4 cups Panko breadcrumbs
- ¾ stick butter
- ½ lemon
- 1Tbs sea salt
- ½ tsp cracked pepper

Tools Needed:

- 1 sharp knife
- 3 medium bowls for mixing
- 5 small bowls for ingredients
- 2 cutting boards
- measuring cups
- measuring spoons
- tongs
- wooden spoon
- ladle
- 1 saute pan
- 1 cast-iron skillet
- 1 large sauce pan
- 1 small sauce pan
- kitchen towels

Instructions:

1. Preheat oven to 375
2. Cut & trim monkfish tails
3. In a small bowl, melt butter & dip fish to coat
4. In another small bowl, combine Panko with a pinch of sea salt & roll fish to coat
5. Preheat cast-iron skillet over medium-high & cook fish for 4 minutes each side then place the skillet into the preheated oven & cook for approx. 25-35 minutes
6. Meanwhile, simmer stock on low in small saucepan
7. In the small saute pan, brown the mushrooms, add the garlic, greens & a pinch of salt then set aside to rest
8. In the large sauce pan, heat olive oil & cook onions on medium until translucent (approx. 30 min) then add risotto to toast (approx. 3 min)

9. Cover risotto with white wine & sherry and turn heat to medium-high, add saffron & cook until liquid is almost evaporated
10. Add ladle of chicken stock every 4 minutes, stirring constantly until risotto has translucent edges with a semi-solid appearance in the center
11. Add sautéed mushrooms & greens, a squeeze of lemon juice, Parmesan & salt to taste
12. Plate risotto, remove fish from the oven, slice and lay on top of the risotto
13. Garnish with a sprinkle of Parmesan & cracked pepper to taste