

MONKFISH MARINARA

MARINARA SAUCE

28-OUNCE CAN OF WHOLE MARZANO TOMATOES
EXTRA-VIRGIN OLIVE OIL
7 CLOVES OF GARLIC
CHILE FLAKES
SPRIG OF FRESH BASIL OR OREGANO

CRUSH THE TOMATOES WITH YOUR HANDS IN A LARGE BOWL.
FILL THE EMPTY CAN WITH WATER.

PEEL AND SLICE GARLIC INTO THIN SLIVERS.

HEAT $\frac{1}{4}$ CUP OF OLIVE OIL IN A LARGE SKILLET. ADD THE GARLIC.
AS SOON AS YOU SMELL THE SCENT, ADD THE TOMATOES AND
THE TOMATO WATER, A PINCH OF CHILE FLAKES, AND SALT.

BRING TO A BOIL. REDUCE TO A SIMMER. ADD THE BASIL SPRIG
OR OREGANO. SIMMER FOR 20-30 MINUTES, STIRRING
OCCASIONALLY, UNTIL THE SAUCE THICKENS AND THE OIL RISES
TO THE SURFACE. DISCARD THE BASIL.

USE WHAT YOU NEED FOR YOUR RECIPE AND FREEZE THE REST
IN ONE-CUP CONTAINERS.

MONKFISH MARINARA

2 FILLETS OF MONKFISH, AROUND $\frac{3}{4}$ LB EACH
MARINARA SAUCE
FRESH ITALIAN PARSLEY

HEAT $\frac{1}{4}$ CUP OF OLIVE OIL IN A SAUTE PAN TILL SMOKING.

DRY FILLETS WITH PAPER TOWELS. SALT AND PEPPER.

GENTLY, LAY FILLETS IN THE PAN. BROWN ON ALL SIDES.
REDUCE HEAT TO MEDIUM.

COOK FOR ANOTHER 5 MINUTES, TURNING FREQUENTLY UNTIL A
KNIFE INSERTED IN THE THICKEST PART OF THE FISH IS WARM
WHEN TOUCHED TO YOUR BOTTOM LIP.

REMOVE FILLETS TO A WARM PLATE.

WHILE THEY ARE RESTING, SPOON MARINARA SAUCE ON FOUR PLATES. SLICE FILLETS AND ARRANGE OVER THE SAUCE. GARNISH WITH FRESH PARSLEY.

SERVES 4