

MONKFISH WITH MUSTARD CREAM SAUCE

2 LBS OF MONKFISH FILLETS
2 SHALLOTS
WHITE WINE
WHITE WINE VINEGAR
WHOLE GRAIN MUSTARD
CRÈME FRAÎCHE
PARSLEY OR CHIVES

HEAT 2 TBSPS OF VEGETABLE OIL AND 3 TBSPS OF BUTTER IN A FRYING PAN OR AU GRATIN DISH ON THE TOP OF THE STOVE.

DRY THE MONKFISH FILLETS WITH PAPER TOWELS, SALT AND PEPPER. WHEN THE BUTTER STARTS TO BROWN, LAY THE FILLETS IN THE PAN. MOVE AROUND WITH TONGS FOR THE FIRST MINUTE OR SO TO MAKE SURE THE FILLETS AREN'T STICKING.

BROWN ON ONE SIDE, TURN, BROWN ON THE OTHER. REDUCE THE HEAT TO LOW AND CONTINUE COOKING FOR 6-8 MINUTES OR UNTIL A SHARP KNIFE INSERTED IN THE CENTER OF THE FISH FEELS WARM WHEN TOUCHED TO YOUR LOWER LIP.

MEANWHILE, PEEL AND MINCE THE SHALLOTS.

WHEN THE MONKFISH IS DONE, REMOVE TO A WARM PLATE.

COOK THE SHALLOTS FOR A MINUTE IN THE PAN. ADD 1/2 CUP OF WHITE WINE AND 1 TBSP OF VINEGAR. REDUCE BY HALF, SCRAPING UP THE BROWNEED BITS WITH A WOODEN SPOON.

STIR IN 2 TBSPS OF GRAINY MUSTARD, THEN ADD 1/2 CUP OF CRÈME FRAÎCHE. STIR TOGETHER TILL THE SAUCE IS SMOOTH.

RETURN THE FILLETS TO THE PAN. TURN A COUPLE OF TIMES TO COAT WITH SAUCE. GARNISH WITH PARSLEY OR CHIVES.

SERVE WITH STEAMED RICE OR MASHED POTATOES.

SERVES 4