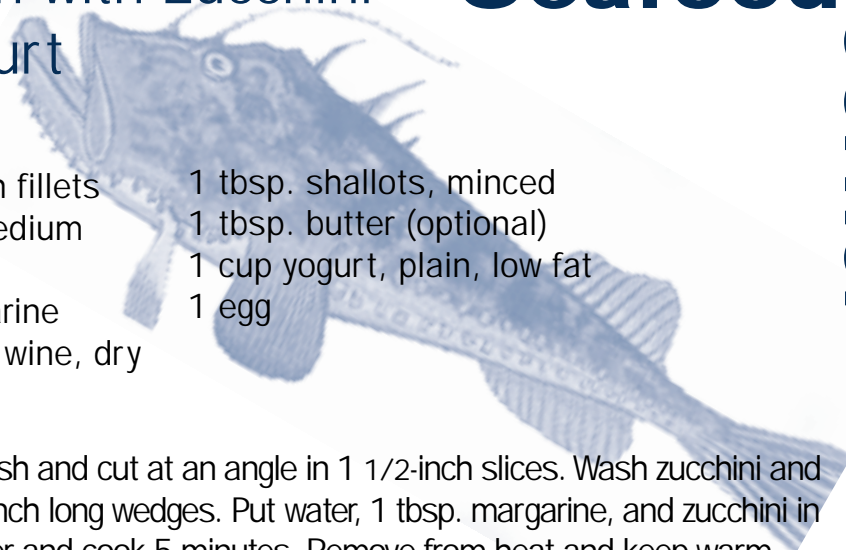


Monkfish with Zucchini and Yogurt



Ingredients

- 1 lb. monkfish fillets
- 2 zucchini, medium
- 1/4 cup water
- 2 tbsp. margarine
- 1/2 cup white wine, dry
- 1 tbsp. shallots, minced
- 1 tbsp. butter (optional)
- 1 cup yogurt, plain, low fat
- 1 egg

Method

Trim the monkfish and cut at an angle in 1 1/2-inch slices. Wash zucchini and cut into 2 to 3 inch long wedges. Put water, 1 tbsp. margarine, and zucchini in saucepan. Cover and cook 5 minutes. Remove from heat and keep warm. Grease a baking dish. Place monkfish slices in one layer and add the wine. Cover dish loosely and bake for 8 to 10 minutes at 375°. Drain pan liquids into a skillet. Add minced shallots and optional tbsp. of butter. Reduce liquid over high heat to less than 1/2 cup. Add yogurt, stirring constantly with a wire whisk. Beat egg in a small bowl. Stir some of the hot liquid into the egg to warm, and then add to the hot liquid. Cook, stirring constantly, until the sauce is thickened, about 2 or 3 minutes. Do not boil. Spoon the sauce onto a warm plate. Arrange the fish slices and zucchini wedges on the sauce.

Recipe developed by the Food and Nutrition Committee of Massachusetts Cooperative Extension.



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Monkfish

Monkfish is found in deep ocean waters all along the Atlantic coast and as far north as the Grand Banks off the coast of Newfoundland. Its alias, Anglerfish, was coined due to its use of a "fishing or angling" technique to feed, in which it erects the first of three spines atop its head and rapidly moves this "bait" back and forth to attract smaller fish. In New York, where the lean, white-fleshed fish is available in markets year-round, fishermen harvest along the south shore of Long Island and from the ports of Montauk and Shinnecock from November to June with peak landings in the spring. With its firm texture, monkfish is a great choice for moist heat cooking methods like baking, steaming, poaching, grilling, frying or in seafood soups and stews. For more information on the monkfish and other species, check out New York Seafood Council's web site, www.nyseafood.org, which will be complemented by NYSG's own World Wide Web "Seafood Technology" pages this winter.

—Paul C. Focazio

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