



Coconut Milk Poached Monkfish

INGREDIENTS

⅔ cup shallot or red onion, thinly sliced

2 cloves of garlic, thinly sliced

1 lb monk fish, cut to 1-½" thick slices

2 tbsp of olive oil

¼ cup sliced ginger

1 cup of dry white wine

¼ cup basil, chopped

1 cup of coconut milk

¼ cup of water

INSTRUCTIONS

1. Sauté onions, garlic and ginger over medium low heat to soften
2. Add white wine, and slowly let the alcohol burn off
3. Add the coconut milk and water, and place fish into liquid. Cover and cook over low heat.
4. After 10 minutes, turn fish pieces and add cut basil, cook for another 3-4 min.

Serve with rice and side vegetable of bok choy, asparagus or sautéed string beans.