

Mediterranean Roasted Monk Fish

2 lbs of fresh Monk Fish (Halibut would also work nicely)

12 Grape-sized tomatoes (Red and yellow for color)

¼ cup of Calamata Olives (Pitted)

¼ stick of Spanish Chorizo sausage (sliced)

4 cloves of garlic (chopped)

1 whole lemon

1 cup of white wine

2 tablespoons of Olive Oil

½ stick of butter

Fresh Rosemary

In a roasting pan, place your garlic, olives cut in half, tomatoes cut in half, Chorizo, olive oil and white wine.

Place 4 pieces of fish on top. Salt, Pepper and sprinkle with fresh rosemary.

Zest whole lemon and sprinkle throughout.

Carefully peel lemon and cut out lemon sections. Cut in half's or thirds, place in roasting pan as well.

Place pan in a 450-degree oven and roast for 12-15 minutes.

When fish is done. Carefully place fish on a dish and cover to keep warm.

Place roasting pan on stovetop and put on med-high flame. Once liquid comes to a boil, reduce slightly and whisk in butter. You should have a nice creamy sauce. Plate the fish and spoon sauce on top. Make sure to share all the olives, tomatoes and chorizo with each plate.

Serve with rice, vegetable of your choice, and lots of bread for dipping and soaking up that great sauce.

Serves 4