



Roasted Monkfish with White Wine, Spicy Tomato and Caper Sauce

2 pounds monkfish, cut into portions
1 tablespoon olive oil
1 tablespoon herb mix
1 cup dry white wine
2 cups roasted tomatoes, recipe follows
2 tablespoons capers
¼ cup crumbled feta
2 tablespoons fresh herbs (basil, mint, dill or chives)
Sea salt and freshly cracked black pepper

- Preheat oven to 375 degrees. Toss monkfish with oil; season with herb mix, salt and pepper.
- Bring a saute pan to medium. Cook the monkfish, turning once, until golden. Transfer to a baking dish.
- Add the white wine; cook until reduced by half
- Stir in tomatoes and capers. Cook until flavors combine.
- Pour mixture over monkfish; sprinkle with feta.
- Bake until monkfish is cooked through and tender.
- Remove; top with fresh herbs. Serve.

Calabrian Roasted Tomatoes

2 pints cherry tomatoes, halved
2 tablespoon minced Calabrian peppers in oil
1 small shallot, minced
2 cloves garlic, minced
1 tablespoon olive oil
1 tablespoon herb mix
Sea salt and freshly cracked black pepper

- Preheat oven to 375 degrees.
- Toss tomatoes, peppers, shallots and garlic with olive oil and herb mix. Season with salt and pepper.
- Transfer to a sheet pan. Roast until nicely browned and slightly blistered. Remove; let cool.