

Monkfish with Pomegranate Risotto

Serves 4

Ingredients

1 tbsp. shallots, peeled and finely chopped
4 tbsp. unsalted butter
6 oz. carnaroli rice
1/2 cup white wine
2-3 cups vegetable stock, as needed
4 oz. monkfish, cleaned
Kosher salt
2 tbsp. pomegranate seeds
Freshly cracked pepper

Directions

Make the risotto: In a broad pan, gently sauté the shallots in the butter over low-medium heat until translucent. Add the rice and toast for 1-2 minutes. Add the wine and a ladleful of stock. As the rice absorbs the liquid, continue to add stock and stir constantly until the rice is fully cooked. Season with salt to taste. Shortly before the rice is done, fold in the pomegranate seeds.

In the meantime, sauté the fish: Season the monkfish with salt and pepper to taste. In a broad pan, sauté the fish in the butter over medium heat until golden brown.

Distribute the risotto on serving plates and then top with the monkfish.