MAINES

PAPER & FOOD SERVICE, INC.

Monkfish with Chorizo and Cockles

Ingredients **Yield: 4 Servings**

2 # Monkfish filets, cut into 1/4 inch thick slices
1 # Cockles scrubbed and purged
2 ea. Potatoes, large, peeled, sliced 1/4 inch thick
6 oz. chorizo, sliced 1/8 inch thick
3/4 c. Onion, yellow, fine diced
As needed: Flour, AP for dredging the fish
2 oz. Olive oil
1/4 c. White wine, dry
2 2 c. Clam Juice juice
1 pinch Saffron
t.t. Salt
t.t. Black pepper, café
As needed: Fresh parsley, chopped for garnish

Preparation Instructions:

1. In a small pot of boiling water, parboil the sliced potatoes for approximately 5 minutes until still firm. Drain and put them aside.
2. Clean the monkfish by cutting away the grayish membrane that covers the fish and cut into 1/4 inch thick slices. Then scrub the cockles and soak them in water with a bit of sea salt. This technique is called "purging" and helps the cockles purge out any sand. Refrigerate until ready to use.
3. Heat a large skillet pan on medium high. Season the fish with salt and pepper and dredge in flour, shake off the excess. Add the olive oil to the pan and heat until the oil is almost smoking. Add the onion and saute for a minute, stirring often. When the onion is translucent, place the fish in the pan in a single layer and top with the sliced chorizo. Sake the pan so that the fish does not stick.
4.After a minute, turn over the fish and brown the other side slightly. Cook for approximately one minute and add the white wine to deglaze the pan. Then add the clam juice, saffron, reserved potatoes and the cockles. Shake the pan to make sure everything is covered in liquid. Cook for approximately 7 minutes or until the cockles open up, the potatoes are tender and the liquid has reduced to half. Serve over rice pilaf and garnish with chopped parsley.

Ingredients		Maines Product Code #	Amount	Cost
Monkfish filets	Fresh	**O94733**	2 #	$16.56
Cockles	Pana Pesca	**131481**	1 #	$3.22
Potatoes	Markon	**O97604**	2 ea.	$0.42
Chorizo	Esposito	**O67885**	6 oz.	$1.98
Onion, yellow	Fresh	**O97502**	3/4 c.	$0.06
Flour, AP	Gold Medal	**381254**	As needed	$0.04
Olive oil	Gem	**370864**	2 oz.	$0.30
White wine, dry	Oasis	**305405**	1/4 c.	$0.06
Clam Juice	Deep Harvest	**265287**	2 c.	$0.64
Saffron	Roland	**345103**	1 pinch	$0.60
Salt	Katy's Kitchen	**340620**	t.t.	$0.02
Black Pepper, café	Culinary Secrets	**345631**	t.t.	$0.03
Fresh Parsley	Fresh	**O97531**	As needed	$0.15
Rice Pilaf	Uncle Bens	**331502**	16 oz.	$0.35

Recipe Cost	$24.43
Portion Cost	$6.10

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
$18.95	$6.10	$12.85	32.19%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
$19.95	$6.10	$13.85	30.58%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
$20.95	$6.10	$14.85	29.12%