

Fish with Bread Crust

1 lb *monk fish, or halibut*
1 tbsp *lemon juice*
1 tbsp *flour*
1 tsp *cracked black pepper*
1 tsp *coarse sea salt*
3 tbsp *extra virgin olive oil*

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1½ cup *finely diced Italian bread*
½ cup *chopped almonds or pistachios*
1 tsp *finely chopped rosemary*
1 cup *diced tomatoes*
½ tbsp *grated parmesan cheese*

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1 cup *dry white wine*
1 tbsp *grated parmesan cheese*
1 tsp *corn starch*
¾ cup *evaporated milk*
salt

Clean the fish and remove bones, if any. Pat dry. Drizzle with lemon juice, then dust with flour, cracked black pepper and sea salt.

In a frying pan, heat olive oil. Then sear fish on high heat for about 30s on each side. Remove fish from pan and set aside in a small casserole. Make sure to keep the oil.

Add the diced bread to hot olive oil and toast on medium heat until golden brown. About 3 minutes. Add rosemary, nuts and diced tomatoes, and keep

toasting until all liquids have evaporated. Stir occasionally. Sprinkle with parmesan cheese, and heat for another 30s while stirring.

Remove bread crumbs from pan and set aside.

Bring white wine and remaining parmesan cheese to a boil, and cook until the cheese is dissolved and the liquid is starting to reduce in volume. About 2 minutes. Dissolve corn starch in a little bit of water and add to wine. Add evaporated milk and cook for another minute. Season with salt.

Pour white wine sauce over fish, then add bread crumbs. Bake at 380°F until the fish is fully cooked. About 15 to 20min.

Serve with rice.

Can be served as individual servings in personal sized casseroles.