

MY HUSBAND COOKS:

A TASTY LOOK AT THE FOOD HE MAKES AND I EAT.

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Bacon Wrapped Monkfish w/ Mushrooms

Yield: 2 entrees /4 appetizers

Ingredients:

1 monk fish filet (3/4 to 1 lb)
5 strips bacon
salt
pepper
5-6 toothpicks

Mushrooms:

1 1/2 cup shitake mushrooms (stems removed and chopped)
1 1/2 cup oyster mushrooms (chopped)
1/2 large onion (diced)
2 strips bacon (chopped)
4 cloves garlic (minced)
5 tbsp. butter
2 tsp. thyme (just the leaves)
2 tsp. marjoram (chopped)
salt
pepper

Lemon Thyme Butter:

1 stick butter
2 tbsp. lemon thyme (chopped)
salt
pepper

Directions:

1. In a large pan over medium high heat, add the chopped bacon. Let it cook until it begins to lightly brown. Add the butter to the pan. Once the butter is melted and has stopped frothing, add the onion and garlic. Liberally season with salt. Turn down the heat after about 1 min. to medium. Let cook for about 4 minutes or until the onions begin to be translucent. Add the thyme, marjoram and pepper. Let cook for another minute, then add the mushrooms. Stir often and let cook for 30-35 minutes.
2. Preheat oven to 425F.
3. Beginning with the fat end of the fish, wrap the bacon around the filet. Use toothpicks to hold it in place. I allow the bacon to only slightly overlap on the edges, if at all. I found pushing the

toothpick in at an angle gave me best results — and decreased the likelihood the toothpick would break. Once the fish is completely wrapped, cover and refrigerate until ready to cook.

4. In an oven-safe pan over high heat, add the bacon wrapped filet. Cook for about 3 min per side or until they begin to brown. Once the second side has cooked, place the pan in the oven and cook for 10 min per side. Remove from oven and place on a cutting board to let cool for 5 min.

5. While the filet is cooking in the oven, add the stick of butter in a small pot over medium heat. Once the butter has completely melted and stopped frothing, add the lemon thyme and turn down the heat to keep warm. Season with salt and pepper to taste.

6. Once the monk fish has rested, slice into 1 1/2'' slices. Plate over a bed of the mushrooms. Top with your lemon thyme butter. Serve hot and enjoy!