Stewed monkfish with poppy-seeds bread toasts



Preparation time: 25 min
Difficulty: Medium

Ingredients

- Desalinated capers: 80 g
- Extra Virgin Olive (EVO) Oil: 20 g
- Garlic: 1 clover
- Monkfish: 4, 500 g with bone and tail, 400 gr cleaned
- Pepper: to taste
- Poppy seeds: 1 handful or 10 g
- Poppy seeds bread: 8 fette - 240 g
- Salt: to taste
- Sparkling wine: 1 glass or 100 g

Preparation

Warm up a non-stick pan with a little EVO oil and garlic and cook the sliced monkfish on each side, then add capers and poppy seeds. Sprinkle the wine and let it steam.
Add **Pomì fine tomato pulp** and cook it for 15 mins c.
Lay the monkfish in a soup plate, dress with generous spoonfuls of sauce and decorate with two toasted bread slices.

For this recipe we used:

Finely Chopped tomatoes 400 g

