

Monkfish Sliders Cranston Area Career and Technical Center

Grilled Monkfish served on a brioche slider bun with a red cabbage & mango slaw, arugula, bacon, and a dijon maple cream.

Recipe serves 1- 3 sliders per portion

Fish

6 ounces Monkfish

Salt, pepper

1 teaspoon lemon zest

1 teaspoon minced garlic

1 tablespoon Olive oil

Directions: Rub the fish fillets with the salt, pepper, lemon zest, garlic and olive oil and let rest refrigerated for 1 hour. Place fillets on grill and grill till cooked, 145 degrees. Set aside to rest for 5 minutes. Slice into 1/2 inch slices.

Slaw

½ cup red cabbage shredded

¼ cup mango julienne

1 green scallion thinly sliced

¼ cup rice vinegar

1 tablespoon olive oil

1 teaspoon Maple Syrup

Salt, pepper

Directions: Toss all ingredients together and refrigerate for at least 1 hour.

Dijon Maple Cream

1 teaspoon dijon mustard

2 teaspoons Maple Syrup

¼ cup heavy cream

¼ teaspoon lemon juice

Directions: Whisk ingredients together in small saucepan and bring to a boil. Cook till thickened, 2-3 minutes.

Garnish:

3 slices cooked bacon

¼ cup chopped arugula

3 Brioche Slider buns grilled with garlic butter

Directions for plating:

Place three slices (2oz) of monkfish on bun then top with slaw, bacon, arugula, sauce and serve.

Team Members : Cameron Vicente, Eric Palumbo, Kelsie Tridento

Chef Instructors : Martha Sylvestre / Steven Versacci