

Roasted Monkfish with Pinto Beans & Ham Hocks

- Chef Chris DePerro

*The Fifth Element on
Broadway in Newport is
where locals go for fresh,
creative, locally sourced eats.
This recipe has
monkfishermen coming back
for more!*

The Catch

4 8oz Monkfish tails, skinned,
bone-in
2 cups fish stock

The Groceries

1lb dried pinto beans
2 smoked ham hocks (can
substitute bacon, just dice
large and brown in butter
before the onions)
1 large yellow onion, diced
4 large cloves of garlic, sliced
thin
3 Tablespoons butter
2 Tablespoons fresh oregano,
chopped rough
salt & pepper to taste
water
lemon or lime wedges for
garnish

*Recipe is courtesy of Chef Chris DePerro of
The Fifth Element, 111 Broadway, Newport, RI*

The How To

For the beans...

- PLACE beans in a pot and ADD enough water to cover by 5 inches.
- *EITHER*, SOAK beans overnight, *OR* BRING to a boil, COVER, TURN OFF heat and SOAK for one hour.
- DRAIN and set aside.
- HEAT butter to foaming in large pot. ADD onion, garlic, and good-sized pinch of pepper. COOK over medium heat till onions are soft. (Don't let them brown!)
- ADD stock, 4 cups of water, and ham hocks. SIMMER 15 minutes.
- ADD beans, COVER and REDUCE HEAT to low. SIMMER approximately 1.5 hours until beans are soft and water is thick. STIR often and replenish water so beans don't dry out. Desired consistency is slightly thicker than bean soup.
- TASTE. ADD salt and pepper if necessary.
- ADD oregano and SIMMER for two minutes.
- REMOVE ham hocks, PULL meat from the bone, CHOP into medium-sized pieces and ADD back into beans.

For the Monkfish...

- PREHEAT oven to 400°F.
- DRY skinned Monkfish tails with paper towel. SEASON with salt and pepper.
- HEAT a nonstick pan on medium high heat till you see wisps of smoke coming off of it. ADD two tablespoons oil, then the fish. ALLOW fish to sit for 2-3minutes to brown the bottom then FLIP and brown other side. (You may need to do this in batches depending on size of your pan.)
- PLACE seared fish in oven-proof dish. COVER with the hot beans and BAKE at 400°F until fish is cooked through (opaque).
- SERVE one tail per person with a generous helping of beans and a wedge of lemon or lime.

Yield: Dinner for 4.

Kitchen Time: 2 hours. Option to soak beans overnight.

In Season: Year-round.

