



Ancho Dusted Pan Seared Monkfish with Green Curry-Roasted Corn Sauce and Roasted Corn Relish



Gluten Free

Image not found or type unknown

READY IN

ready

65 min.

SERVINGS

servings

4

CALORIES

calories

1101 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ancho chile diced seeds removed and finely hot
- ☐ 4 servings ancho chile powder
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 2 corn husks chopped
- ☐ 1 cup roasted corn kernels
- ☐ 1 cup cooking wine dry white

- ☐ 4 servings cilantro leaves fresh chopped
- ☐ 4 cloves garlic finely chopped
- ☐ 2 tablespoons curry paste green
- ☐ 1 cup heavy cream
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 4 servings olive oil
- ☐ 2 pound monkfish tails
- ☐ 1 large onion red finely chopped
- ☐ 3 tablespoons onion red finely chopped
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 cups clam stock

Equipment

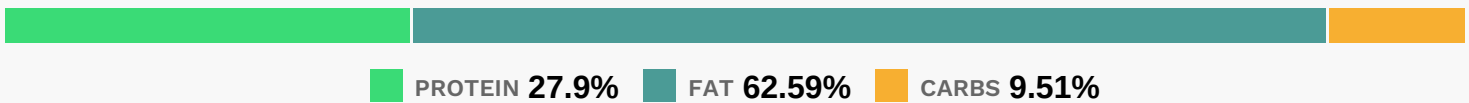
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven

Directions

- ☐ Heat oil in a medium saucepan over high heat.
- ☐ Add onions and garlic and cook until soft.
- ☐ Add wine and cook until reduced by 3/4
- ☐ Add the curry paste and cook for 2 minutes.
- ☐ Add the clam stock and corn husks and cook until reduced by 1/2
- ☐ Strain the sauce into a clean medium saucepan and bring to a simmer.

- ☐ Add the cream and corn and cook to a sauce consistency. Season with salt and pepper, to taste and add the cilantro.
- ☐ Combine all ingredients in a bowl and let sit for 30 minutes before serving.
- ☐ Preheat oven to 400 degrees F. Preheat a large ovenproof skillet over high heat.
- ☐ Brush monkfish with olive oil and season with ancho chile powder and salt. Sear on both sides until golden brown.
- ☐ Transfer to the oven and continue cooking for 8 to10 minutes, until just cooked through. Ladle the sauce onto a platter, slice the fish into 3/4-inch thick slice, drizzle with more of the sauce and top with the corn relish and chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:2.59, Inflammation Score:-10, Nutrition Score:16.929130445356%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg

Nutrients (% of daily need)

Calories: 1101.48kcal (55.07%), Fat: 74.39g (114.44%), Saturated Fat: 29.05g (181.58%), Carbohydrates: 25.44g (8.48%), Net Carbohydrates: 20.41g (7.42%), Sugar: 12.17g (13.53%), Cholesterol: 316.71mg (105.57%), Sodium: 1914.35mg (83.23%), Alcohol: 6.18g (100%), Alcohol %: 1.09% (100%), Protein: 74.61g (149.23%), Vitamin A: 5514.38IU (110.29%), Iron: 10.65mg (59.15%), Vitamin E: 4.7mg (31.31%), Vitamin K: 27.58µg (26.27%), Fiber: 5.03g (20.13%), Vitamin B2: 0.3mg (17.48%), Manganese: 0.32mg (16.18%), Vitamin C: 12.55mg (15.21%), Vitamin B6: 0.26mg (13.21%), Calcium: 128.55mg (12.85%), Potassium: 438.55mg (12.53%), Phosphorus: 101.08mg (10.11%), Vitamin B3: 1.59mg (7.95%), Magnesium: 31.72mg (7.93%), Folate: 31.61µg (7.9%), Vitamin D: 0.95µg (6.35%), Vitamin B5: 0.51mg (5.07%), Selenium: 3.43µg (4.89%), Vitamin B1: 0.07mg (4.55%), Copper: 0.09mg (4.51%), Zinc: 0.63mg (4.2%), Vitamin B12: 0.1µg (1.59%)