



Monkfish Bites

Ingredients:

- 2lbs Monkfish Tail
- 3 Eggs
- 3 cups flour
- 3 cups Breadcrumbs
- Salt & Pepper to Taste
- 3 tbsp Paprika (divided)
- 3 tbsp of Onion Powder (divided)
- 3 tbsp garlic powder (divided)
- 1 tbsp Cayenne pepper
- Enough Oil for Frying- olive oil or canola oil
- 1 tsp Worcestershire sauce

Instructions:

- Cut monkfish tail into smaller bite-sized pieces.
- Season pieces with salt and pepper to taste.
- Mix flour with paprika, onion and garlic powder and pepper
- Mix breadcrumbs, paprika, onion and garlic powder and cayenne pepper in a separate bowl.
- In a separate deep dish, beat the eggs and add a pinch of salt and pepper, add Worcestershire sauce, garlic and onion powder, and paprika as desired. (Optional: add a splash of your favorite lager- we like Narragansett Beer and Whaler's Rise)
- Dip monkfish into the flour mixture, then the egg mixture, then into breadcrumbs. Make sure the monkfish is coated with flour first and shake off any loose bits, then immerse in the egg wash, and then coat with breadcrumbs
- Heat oil in high-walled frying pan.
- Transfer monkfish to the frying pan and cook for two to three minutes on each side, until the bites turn golden brown.
- Once done, remove from frying pan immediately and place on a paper towel to remove excess oil.