

## Sautéed Monkfish

1-1 ½ lb. monkfish, grey skin removed

3 T. light olive oil

2 tsp. dried oregano

White spelt flour for dredging

1-2 eggs

Garlic powder (opt.) to taste

Vege-sal to taste

1. Cut monkfish into small medallions (1-2 inch cubes)
2. Combine flour, oregano, garlic powder and Vege-sal.
3. Beat eggs well, dip fish pieces in the egg, and then roll in seasoned flour.
4. Heat iron skillet over medium heat, add olive oil, and sauté gently 3-4 min. each side until fish is done.  
Serves 4.