

**Prosciutto wrapped monkfish with Roasted  
kalamata olive and caper ragout**

( serves 3-4)

2 – 12oz piece of Monkfish

3 containers of Diana's Roasted tomato, kalamata olive and caper ragout

6 thinly sliced Prosciutto de Parma

3 pieces of plastic wrap 16" by 16"

Salt and pepper to taste

1 tbsp Olive oil

**Method – Portion Monkfish carefully by cutting where tail begins. Monk fish will now be in 4 pieces. Pair tail pieces together placing larger end with smaller end. Place already prepared plastic wrap on clean surface, over lap Prosciutto de Parma vertically. Season and place Monkfish in centre of Prosciutto de Parma and roll Monkfish like sushi so that Prosciutto is covering entirely. Roll plastic wrap tightly so that it resembles a cylinder, then tuck plastic wrap underneath. Steam Monkfish in bamboo steamer for 5 minutes, let cool. To finish, remove plastic wrap and place in sauté pan to color Prosciutto de Parma, finish in oven for 15 minutes. While Monkfish is cooking, heat up Roasted tomato ragout and place in centre of plate. Remove Monkfish from oven and portion into 12 equal pieces. Place 3 pieces on Tomato ragout, drizzle with olive oil and serve.**



Diana's Seafood Delights

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