Monkfish with fennel seeds

Preparation time: 30 minutes
Cooking time: 15 minutes

Preparation

Dip the tomatoes for 10 to 15 seconds in boiling water then cool them immediately. Peel and dice.
Peel and finely chop the shallots and garlic separately.
Melt the shallots down in a pan with 5cl olive oil.
Season and put aside.
Slice 6 pieces of monkfish in the fillet. Cut in two and then flatten them.
Season to taste.
Brush the inside of an oven-dish with olive oil. Sprinkle fennel seeds and place the fish on top. Cover each piece with tomatoes, garlic and shallots.
Add the white wine to the dish and a little olive oil over the fish.
Cook in a pre-heated oven at 180°C (355°F) for about 15 minutes.

Presentation

Serve in the oven-dish with rice.