Pomì
O Così. O Pomì.

Stewed monkfish with poppy-seeds bread toasts



Preparation time: 25 min
Difficulty: Medium

Ingredients

- Desalinated capers: 2,8 oz
- Extra Virgin Olive (EVO) Oil: 0,7 oz
- Garlic: 1 clover
- Monkfish: 10 lb with bone and tail, 14 oz cleaned
- Pepper: to taste
- Poppy seeds: 1 handful or 0,4 oz
- Poppy seeds bread: 8 slices - 8,5 oz
- Salt: to taste
- Sparkling wine: 1 glass or 3,5 oz

Preparation

Warm up a non-stick pan with a little EVO oil and garlic and cook the sliced monkfish on each side, then add capers and poppy seeds. Sprinkle the wine and let it steam.
Add **Pomì finely chopped tomatoes** and cook it for 15 mins c.
Lay the monkfish in a soup plate, dress with generous spoonfuls of sauce and decorate with two toasted bread slices.

For this recipe we used:

Finely Chopped Tomatoes 14,10 oz

