



### **Poor Man's Lobster Ingredients:**

1 lb. Monkfish filet cut into 1" chunks  
1 pot of water (approximately 1 qt)  
1/4 cup salt  
1/4 cup sugar  
2 tbsp lemon juice or half squeezed lemon  
1/4 stick of butter  
2 bay leaves (optional)  
Melted butter for dipping

Bring water and seasonings to a rapid boil  
Drop in chunks separately and stir  
Fish will float when cooked  
Remove floating fish to a warm plate and garnish with paprika and parsley