



Monkfish Mitmita



@comfortkitchenbos/



@comfortkitchenbos/

chef

ingredients

how-to

A native of Ghana, Kwasi Kwaa has been honing his culinary craft at various kitchens in the Boston area. In 2020, Kwasi joined forces with Biplaw Rai and Nyacko Pearl Perry as the chef-partner at Comfort Kitchen — a cafe and restaurant celebrating global comfort food, opening next year in Dorchester's Uphams Corner. His passion for food has led him from his early start at Hi-Rise cafe & bakery, to the world of large-scale corporate catering at Fireside and BG Events.



Monkfish Mitmita

1.5 lb Monkfish
1/2 Shallot bulb
1 Thyme sprig
1 tsp Parsley
1 Tbs Lemon juice

1 tsp Mitmita spice mix: African bird's eye chili peppers, Ethiopian cardamom (korerima), cloves, salt, cinnamon, cumin, and ginger

1/2 lb Unsalted butter

In a saucepan, sweat shallots in butter until translucent. Add the rest of your butter and Mitmita spice mix and bring butter to a low simmer (making sure the butter doesn't separate). Add your monkfish to the butter (fish should be submerged up to 2/3rds up to the sides). Add chopped herbs and a splash of lemon juice. Cook fish at a low simmer for about 3 to 4 minutes or until opaque. Remove fish from butter. Plate with your choice of a side and garnish. Enjoy!

