Monkfish Oreganata

Ingredients
- 2 lbs. monkfish, skinless, boneless fillets
- 2 tbsp. butter or margarine
- 2 tbsp. olive oil
- several parsley sprigs, fresh
- 2 cloves garlic, chopped fine
- 2 cups bread crumbs seasoned
- 2 tomatoes, medium, slice thin

Method

Source: Provided by Chris McManus, Hewlett Fish Market, Hewlett, NY.