




Swordfish Piccata

AN EASY TO MAKE CLASSIC ITALIAN DISH

TODAY I'M PUTTING TOGETHER a super simple, quick dinner that has a big impact in both presentation and flavor. Swordfish piccata is one of the most delicious and easiest dishes we make, from prep-to-completion in 25 minutes or less. It pairs well with a glass of your favorite dry white wine (you'll use a 1/2 cup in the sauce). You can't go wrong when you combine a fresh swordfish steak with butter, white wine, garlic, capers, and fresh lemon. If you have been wondering which of my recipes to try or simply contemplating what to make for dinner tonight, *make this!*

Swordfish is cut into steaks and when prepared, has a very dense texture. This almost gives you the feeling that you're eating something substantial like a steak, but it's so much better for you.

I'm serving our swordfish steaks with my children's favorite, mashed potatoes and sautéed asparagus, spinach, and kale. OK, most of them favor French Fries, but mashed potatoes run a close second. 



Swordfish Piccata

INGREDIENTS:

1/2 cup all-purpose flour for dredging

1 teaspoon each sea salt + fresh black pepper

3 fresh swordfish steaks

1 tablespoon extra-virgin olive oil

2 tablespoons unsalted butter

4 cloves garlic, thinly sliced

1/3 cup fresh lemon juice

1/2 cup dry white wine

2 tablespoons capers, drained

1/3 cup minced fresh parsley

Lemon garnish



METHOD

Combine the flour and salt + pepper in a shallow dish or pie plate. Dredge the swordfish steaks in the flour mixture and shake off any excess.

In a large skillet, over medium-high heat, heat the olive oil with the butter. When hot, add the fish and cook until browned on the underside, 2 to 3 minutes. Turn fish over and cook until well browned on the other side. Transfer swordfish to a platter, cover to keep warm. Leave bits and juices in the skillet.

To make the sauce:

Add the garlic to the skillet and cook on medium heat until fragrant, about 1 minute.

Add the lemon juice and wine to the pan to deglaze, scraping up any browned bits. Bring to a boil, turn heat to low, and add the capers. Adjust the salt seasoning to taste.

Return the swordfish to the skillet and let the fish cook for a few minutes so that it can absorb the flavors of the sauce. Sprinkle with the parsley and serve at once, garnished with parsley and thin slices of lemon.

Pro Tip:

When purchasing fresh fish, I like to use a fish monger I am familiar with. The folks at Heinen's seafood counter will tell you exactly when it arrived and where it was caught. Fresh fish should smell slightly briny and sweet.

Culinary Note:

Swordfish is especially great for people following a high protein, low carbohydrate diet. It has almost no carbs. As a bonus, swordfish is packed with amino acids and omega-3 fatty acids that can help with inflammation and may lower risk of heart disease, certain cancers, and arthritis. Good health and good food. It's a win-win!



PHOTO: LINDA M. BARRETT PHOTOGRAPHY

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