

Swordfish Steak with Lemon-Garlic Sauce

WHAT YOU WILL NEED

1 1/2 pounds swordfish steak, at least 1 inch thick

3 tablespoons canola oil
sea salt and black pepper

For the Lemon-Garlic Sauce:

2 tablespoons butter
2 tablespoons olive oil

8 cloves garlic, minced

1/4 teaspoon red pepper flakes

1/8 teaspoon basil, chopped

1/2 cup white wine

grated zest from 1 lemon

2 tablespoons lemon juice

2 tablespoons parsley for garnish, chopped

HOW TO PREPARE

Bring swordfish to room temperature and preheat oven to 400 degrees. Dry fish steaks on all sides, fish will not brown properly unless it is dry. Season with salt and pepper on all sides. Heat 3 tablespoons canola oil in a large skillet over high heat for 3-4 minutes or until hot. Add the fish steaks, after 3 minutes, flip each steak. Sear them for 3 more minutes, and then remove from the heat. Transfer skillet into the oven and bake until the steaks reach the desired degree of doneness. Remove from the oven, and transfer the steaks to a platter to rest.

In the same skillet add butter and olive oil, and melt over low heat. Add garlic, basil, and red pepper flakes, and cook over very low heat until the garlic begins to turn light brown. Add the white wine and stir to deglaze and bring to a simmer over medium heat. Cook for 3 minutes, stirring constantly, to reduce the volume. Remove from the heat, and stir in the grated lemon zest and lemon juice. Pour over the swordfish, and garnish with the parsley.

