

Swordfish Pomodoro

With any fish—but especially with swordfish—the operative word is fresh. This is why it’s so important to develop a good working relationship with your fishmonger, who will steer you toward the very best and freshest fish.

Serves 4

2 pounds	swordfish, cut into 4 8-ounce pieces, 2 inches thick
½ cup	flour
½ cup	almonds
½ teaspoon	onion powder
½ teaspoon	granulated garlic
¼ cup	Olive Oil Blend (page 198)
1 clove	garlic, minced
4 tablespoons	butter
2	fire-roasted or Italian plum tomatoes, canned, quartered
16	Kalamata olives
4 tablespoons	large capers
1 cup	dry sherry
½ cup	water
	Juice of 1 lemon
4 tablespoons	minced fresh parsley

Preheat oven to 400 degrees F.

Remove (or have your fishmonger remove) bloodline from the swordfish. Rinse the fish but leave damp, so the coating will adhere.

In a food processor, place the flour, almonds, onion powder, and granulated garlic and pulse for about 5 seconds. Transfer mixture to a shallow dish. Evenly coat the swordfish with the flour mixture.

In a large skillet, heat the oil over medium-high heat. Add the swordfish and cook to medium-well. When you press on the swordfish, it will give a little but still feel firm, like the palm of your hand. Transfer the swordfish to a baking dish and bake for 10 minutes.

Meanwhile, in a small pan, heat 2 tablespoons oil over medium-high heat. Add the minced garlic and brown lightly. Add the butter, tomatoes, olives, capers, and lemon juice. In a small bowl, combine the sherry and water, then add it to the tomato mixture. Reduce for 3 to 5 minutes, until alcohol evaporates. Remove the swordfish from oven and transfer to plates. Top fish with sauce and garnish with fresh parsley.

A Tip from Joey

Swordfish steaks have a large surface area, which means they can quickly deteriorate when exposed to air. So buy your swordfish very fresh and serve it as soon as possible, for peak flavor.

