

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Swordfish with Citrus-Tomato Salsa

Meaty steaks of firm fish are great on the grill. This version also includes some fresh summer produce, and takes less than 30 minutes, start to finish...

1 cup orange juice

¼ cup white balsamic vinegar

¼ cup red wine vinegar

2 Tbsp packed brown sugar

*2 tsp minced fresh Serrano or Cayenne
chile*

2 large oranges

1 large, ripe tomato

3 Tbsp minced red onion

1 Tbsp minced cilantro leaves

*4 swordfish steaks, ¾ inch thick (8 oz
each)*

Prepare grill for direct, medium-high heat; oil grate to prevent sticking. Meanwhile, combine orange juice, vinegar, brown sugar and chile bits in a medium saucepan. Cook, uncovered, at a low boil until reduced to about ½ cup, 15-20 minutes. Stir often to prevent scorching of the sugar.

While the sauce is reducing, peel oranges and cut each into about 6 wedges, then chop. Core and seed the tomato, then cut into ¼ inch dice. Combine orange pieces, tomato and onion in a colander and let drain. Transfer to a bowl and add cilantro; mix to combine. Pour in the hot orange sauce, saving back a couple of tablespoons for glazing the fish.

Rinse and pat fish dry with paper towels. Brush fish with remaining orange syrup and place on grill. Turn fish once at about 4 minutes, then continue grilling for another 3-4 minutes, or until fish is opaque in the center. Remove steaks from the grill, arrange over fresh greens and spoon salsa over top. Serve with a light, crisp white wine and sides of sliced tomatoes with mozzarella cheese and pickled antipasti (giardiniera or olives).

Yield: Four servings

Preparation time: 10 minutes

Cooking time: 20 minutes, plus 8-10 for grilling

