

Impanata di Pesce Spada

This breaded swordfish in a piquant tomato sauce is from good ol' *Supercook* by Marshall Cavendish. I have dropped the "breaded" bit and, thus, tend to refer to it as *Unpanata di Pesce Spada*. This is largely because I like to serve it with some tagliatelle pasta when the breading becomes overkill. However, the original version would go well with a green salad and is faithfully reproduced here so that you may choose.

Planning

serves:	4
prep time:	30 mins
cooking time:	45 mins

Ingredients

2 tbs olive oil
2 medium onions, thinly sliced
3 medium courgettes, cut into 1cm chunks
1 clove garlic, crushed
400g tin plum tomatoes
1 tbs capers, drained
¼ tsp cayenne pepper
salt & pepper
4 swordfish steaks, ~2cms thick
75g dry white breadcrumbs
1 tsp dried oregano
½ tsp salt
¼ tsp black pepper
2 eggs, lightly beaten
50g butter

Method

First, make the sauce. in a large skillet or sauté pan, heat the olive oil over moderate heat. When hot, add the onions and courgettes and cook stirring occasionally for 8 - 10 minutes or until they are lightly browned. Stir in the garlic and cook another 30 seconds. Add the tomatoes with all their can juice, the capers, cayenne pepper, salt and pepper to taste. Stir well to blend, reduce the heat and simmer the sauce for 15 minutes.

Meanwhile, in a mixing bowl combine the breadcrumbs, oregano, salt and pepper. Place the beaten eggs in a small bowl. Pat dry the swordfish and dip each piece in the egg followed by the breadcrumbs to coat thoroughly.

Melt the butter over moderate heat in a large frying pan. Add the swordfish pieces and cook them about 3 minutes on each side until they are lightly browned. Transfer the swordfish pieces to the tomato sauce using a slotted spoon or fish slice. Baste them well with the sauce and continue simmering for about 15 minutes.