

Swordfish with Salmoriglio

One to try from the Sicilian leg of Rick Stein's *Mediterranean Escapes*. (Note to self: I need to try this and check the water content in the salmoriglio.)

Planning

serves:	4
prep time:	30 mins
cooking time:	10 mins

Ingredients

6 tbs olive oil
3 tbs water
1½ tbs lemon juice
1 clove garlic, finely chopped
1 tbs fresh oregano,
chopped
1 tbs fresh celery leaves,
chopped
1 tbs fresh parsley, chopped
4 swordfish steaks, ~2cms
thick
olive oil
crushed dried red chillies
salt & pepper

Method

First, make the salmoriglio. Place the olive oil and water into a bowl and whisk together until emulsified. Add the lemon juice and a pinch of salt to taste. Stir in the garlic & herbs (oregano, celery leaves, parsley) and mix well.

Either fire up a barbecue and let the flames die down or preheat a ridged griddle pan until very hot. Brush the swordfish with olive oil and season on both sides with crushed chillies, salt and papper. Cook the swordfish, either on the barbecue or griddle for about 4 mins on each side until cooked through.

Serve the swordfish steaks drizzled with the salmoriglio.