



Grilled Swordfish

Ingredients:

Marinade:

- 1/4 cup Olive oil
- Juice of 3 limes
- 1 Jalapeno pepper, seed and chop
- 2 peeled Garlic cloves
- 1/4 cup Lightly-packed fresh cilantro leaves
- 1 tsp. Cracked black pepper
- 4 tablespoons Grated fresh ginger
- 1/4 cup unsweetened coconut milk

4 Swordfish steaks -(3/4" thick, 6 - 8 oz each)

Grilled Vegetables:

- Vidalia onions,
- Sweet red peppers
- Sweet yellow peppers
- Shiitake mushroom caps

Makes: 4 servings

Prep Time: Overnight

Grill Time: 10 minutes

Herb Vinaigrette:

- 1/4 cup Balsamic vinegar
- 1 tbsp. Dijon mustard
- 1 tsp. Fresh thyme leaves
- 1 tsp. Fresh oregano leaves
- 8 large Fresh basil leaves
- 1/2 cup Extra-virgin olive oil
- Salt and pepper to taste

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Grilled Swordfish

Directions:

- For the marinade:
 - Combine all ingredients in the bowl of a food processor
 - Pulse to combine.
- Place the swordfish and marinade in a zip storage bag.
- Place in refrigerator for overnight.
- For the vinaigrette:
 - Combine the vinegar and mustard in the bowl of a food processor.
 - Pulse briefly, then add the herbs.
 - Pulse again until coarsely chopped.
 - With the processor running, add the olive oil very slowly so that the mixture will emulsify into a smooth blend.
 - Season with salt and freshly-ground pepper to taste.
- The next day, preheat the grill to medium.
- Right before grilling, toss the onions, peppers and mushrooms with the olive oil, salt and pepper.

Makes: 4 servings

Prep Time: Overnight

Grill Time: 10 minutes

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7. When the grill is hot, grill the swordfish until it is well colored on both sides and the interior is medium (about 3 to 4 minutes per side, total).
8. When you have added the fish to the grill, spread the vegetables along the perimeter of the grill and carefully cook the vegetables without burning.
9. Remove the fish from the grill, plate, drizzle with vinaigrette over the fish, top with vegetables.
10. Serve.

Makes: 4 servings
Prep Time: Overnight
Grill Time: 10 minutes

Recipe courtesy of Rick Browne, www.barbecueamerica.com.

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