

Marinated Swordfish
Teglia Di Pesce Spada
Italy, the Beautiful Cookbook

Ingredients:

6 Swordfish steaks (tuna fish or snapper cutlets), about 7 oz each
Salt and freshly ground pepper
1 cup dry white wine
1 fresh rosemary sprig
4 garlic cloves, finely chopped
¼ cup extra virgin olive oil
2 Tablespoons fine dry breadcrumbs
3 Tablespoons drained capers, chopped
Juice of 1 lemon (about 3 Tablespoons)

Directions:

1. Place the swordfish steaks in a bowl and season with salt and pepper. Pour in the wine. Finely chop the rosemary leaves and add to fish with the garlic. Coat steaks well and marinate for at least 1 hour.
2. Drain fish, reserving marinade. Brush a skillet with a little of the oil and heat it. Sprinkle fish with breadcrumbs and capers, add to skillet and cook on both sides until nearly cooked through, basting from time to time with marinade.
3. Whisk the rest of the oil with the lemon juice in a small bowl. Pour over the fish and cook for a few more minutes. Serve hot.