

Swordfish

Equipment needed:

Hot grill or cast-iron skillet, wide fish spatula or tongs

[] Ingredients:

Swordfish steak – 6 to 8 ounces per portion

Cooking oil – 2 Tablespoons

(Canola, Grapeseed, Blended Olive Oil or any other oil with a high heat flash point)

Salt – To taste

Marinade or rub of your choice.



[Cooking Sword steaks] Method

1. Before cooking, bring your Swordfish steak or steaks to room temperature. This brings the entire steak closer to the desired internal temperature. It will also help eliminate any unwanted condensation that may cause excessive spattering or even flares ups. Be sure to rest on a paper towel to absorb escaping moisture. This should take anywhere from 20 to 30 minutes.
2. Swordfish has a very meaty texture and is neutral in flavor, so if you plan to use a rub, marinade or brine, apply it 3 hours before or even overnight for well infused flavor.
3. I prefer using a hot grill for swordfish being that it has good density and meaty texture. A grill also gives you indirect oven heat, which works great for thicker cuts of sword steaks.
4. Make sure your grill is cleaned and prepped ahead of time. Preheat your grill to 400 – 500 degrees Fahrenheit. Once heat is where you want it, place sword steak flat side on the grill. You will want to hear an immediate sizzle. If not, heat grill properly before cooking.
5. Cook each side for 5 to 7 minutes on each side covered. The covering process allows a circulation of heat to ensure even and full cooking for thicker cuts of sword.
6. Grilling tip: Swordfish steaks display beautifully with crosshatching grill marks. Your dinner guests will Ooo and Ahhh as they reach for their desired piece.
7. When done, your sword steak temperature should reach around 145 degrees Fahrenheit. Once reached, pull steak from heat and allow to rest for 15 to 30 minutes before digging in.

Buen Provecho (Bon Appetite) – Chef Juan Zamora – www.chulaseafood.com