

Grilled Swordfish with Herbs

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 10 minutes

Serves: 4

CChints: Swordfish is a firm white fish that holds up nicely on a grill. Herbs de Provence is a combination of dried herbs. If you can not find it in your supermarket the recipe is listed below or you can substitute Italian seasoning. It is excellent on roasted vegetables too. Cooking the fish in a cast iron skillet will allow it to brown evenly on both sides.



4 – 6 ounce pieces of swordfish, skin removed about 1 inch thick
1 tablespoons olive oil
1 teaspoon fresh lemon juice
1/2 teaspoon salt and dash pepper
1 tablespoon herbs de Provence
1 teaspoon fresh rosemary, chopped
2 gloves minced garlic, fresh or from a jar
2 teaspoons olive oil for grilling

Serve with Roasted Vegetables. The recipe is under the Vegetable section of this website.

If you are serving with the Roasted Vegetables you will want to start them first because of the time they take, and they are worth it. You want the side dish to be done at the same time the fish is done.

Rinse fish and pat dry. Put on a plate and rub one side with half of the olive oil. Sprinkle one side with half of the lemon juice, salt and pepper, herbs and garlic. Turn the fish over and do the same to the other side. Let set at room temperature while the grill heats to medium, about 15-20 minutes. If you have a cast iron skillet or griddle, put it in the grill to heat up as well with the cover closed. If you are putting the fish directly on the grill, spray it first with cooking spray.

When you are ready to grill the fish, add the 2 teaspoons of olive oil to the hot skillet. Add the fish and don't move them for 4 minutes, with the cover closed. Open the cover and turn the fish and allow them to cook for 5 more minutes, depending on the thickness. To tell if they are done, gently cut into one piece and the flesh should be white and break apart, it is done. Remember you can always put them back on the grill if they need more cooking but you can't fix them if they are cooked too much.

Plate quickly and serve with your side dish.

Herbs de Provence recipe: 1 tablespoon of each listed: rosemary, thyme, oregano, basil, marjoram and crushed fennel seed. Put into an airtight container.