



Grilled Swordfish with Salmoriglio

Swordfish is one of the most popular fish in the Mediterranean and in southern Italy it's often served with the classic olive oil and herb sauce, salmoriglio. It has a wonderful meaty texture but tends to dry out and soften if over cooked, so resist the temptation to cook it longer than 1½–2 minutes each side as it will continue to cook in the residual heat while it's resting and even at the table. Always slice fish or meat against the grain to ensure it's as tender and juicy as possible.

Serves 2



INGREDIENTS

- 1 x 300g swordfish steak (10½oz)
- Extra virgin olive oil, for drizzling
- Salt flakes, to taste

Salmoriglio

- ½ cup oregano and parsley leaves
- 1 clove garlic, peeled
- ½ teaspoon salt flakes
- 1 lemon
- ⅓ cup extra virgin olive oil (80ml)

METHOD

1. Remove fish from the fridge 30–60 minutes before cooking to allow it to come to room temperature.
2. Meanwhile, make Salmoriglio: crush oregano, parsley, garlic and salt together using a mortar and pestle. Transfer to a mixing bowl. Zest the lemon over the bowl, then add 2 teaspoons (10ml) of the juice. Add oil and whisk to combine well. Taste and add more lemon juice or salt if you like. Set aside.
3. Heat a barbecue or char-grill pan over high heat.
4. Drizzle fish well with oil, rubbing it all over both sides.
5. Sprinkle generously with salt, place on the grill salted side down and sprinkle the top generously with salt.
6. Cook for about 1½–2 minutes each side so that it remains just a little pink in the centre.
7. Place on a warm plate and set aside for 5 minutes.
8. Slice on the diagonal, against the grain, into strips about 1cm thick.
9. Arrange on a platter, drizzle with a little of the Salmoriglio and serve the rest on the side.