
Lemon Swordfish

Sendik's Fine Foods

Internet Address: Visit our online Cook Book at www.sendiksfinefoods.com

Serves 6

3 swordfish steaks, each serves 2

3 lemons

1/3 cup olive oil

3 cloves garlic, minced

3 sprigs fresh thyme

3 sprigs fresh oregano

salt

pepper

garlic powder

Place clean swordfish steaks in a large plastic bag. In a bowl combine the juice of 3 lemons, olive oil, garlic, and herbs. Whisk until well combined. Season with salt (be generous with the salt) , pepper, and garlic powder to taste. Pour 2/3 of the marinade into the plastic bag with the fish, shake the bag to ensure that the marinade coats each steak. Seal the bag and marinate for at least 1 hour, up to 24 hours, in the fridge. Set the remaining 1/3 of the sauce in the fridge. Preheat the oven to 450 degrees. Pour the liquid contents of the plastic bag into a casserole dish. Arrange the steaks in the casserole dish so they are not overlapping. Have the remaining 1/3 sauce in a skillet on the stove to warm while fish is cooking. Cook in the oven for 10 minutes. Turn heat to broil, and cook for an additional 5, until the tops begin to brown. Remove from oven. Serve the fish with the sauce on the side.

Seafood Entrees