
Lemon-Red Pepper Swordfish

The Windsor Family Cookbook

Windsor Vineyards - Windsor, CA

Servings: 4

4 green onions, chopped

1/2 cup Fume` Blanc

1/4 cup clam juice

4 swordfish steaks

3 tablespoons lemon juice

5 tablespoons olive oil

2 cloves garlic, chopped

2 red bell peppers, cut into 1/4-inch strips

1/4 cup chilled butter

In a saucepan, combine the green onions, Fume' Blanc and clam juice. Boil over medium to high heat until the sauce reduces to about 1/2 cup.

Place the swordfish on a plate and sprinkle with lemon juice, two tablespoons of the olive oil and the chopped garlic on both sides. Let the fish stand for 15 minutes until room temperature.

Saute' the bell pepper strips in one tablespoon of olive oil until tender. Set aside.

Heat the remaining olive oil in a skillet and add all four pieces of fish, reserving the marinade. Cook the fish for about 3 minutes per side or until just cooked through.

Warm the bell peppers and divide them among four serving plates. Top with the fish. Add the sauce and any remaining marinade to the skillet. Bring them to a boil. Remove from the heat and add butter, whisking until the butter is melted. Spoon the sauce over the fish. Enjoy!

Seafood

Per Serving (excluding unknown items): 381 Calories; 24g Fat (56.7% calories from fat); 35g Protein; 6g Carbohydrate; 2g Dietary Fiber; 66mg Cholesterol; 157mg Sodium. Exchanges: 5 Lean Meat; 1 Vegetable; 0 Fruit; 3 1/2 Fat.