
Swordfish and Shitake Kebabs

Summer Cookout Cookbook

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TIPS and TRICKS

** If you are using wooden skewers, soak them in water for 20 minutes before grilling to prevent scorching.

** To ensure even cooking, cut your meat into similar-size pieces.

** Don't overcrowd your skewers with too many ingredients - you need room for heat circulation.

1/2 cup olive oil
2 cloves garlic
2 tablespoons red wine vinegar
2 tablespoons chopped parsley
2 tablespoons cilantro
2 tablespoons scallions
salt
red pepper flakes
2 pounds skinless swordfish, cut into 1-1/2-inch pieces
olive oil
salt
ground cumin
ground coriander
shitake mushrooms, quartered
red onions, quartered

In a blender, puree the olive oil, garlic, vinegar, parsley, cilantro and scallions. Season with salt and red pepper flakes.

In a bowl, toss the swordfish with olive oil. Season with salt, cumin and coriander.

Thread the swordfish onto skewers along with quartered shitakes and red onions.

Grill on oiled grates over medium heat for 2 minutes per side. Continue cooking, turning and brushing with the herb oil for 5 to 6 more minutes.

Seafood

Per Serving (excluding unknown items): 984 Calories; 108g Fat (96.6% calories from fat); 2g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.