
Swordfish Florentine

*The Prime House Restaurant - Greentree, PA
Pittsburgh Chefs Cook Book - 1989*

Servings: 4

4 eight ounce swordfish steaks
2 ounces green olive oil
2 teaspoons garlic, chopped
8 ounces onions, diced
1 ounce Poupon mustard
2 tablespoons fresh dill, chopped
1 tablespoon capers
1 ounce chopped parsley
2 cups white wine
2 ounces whole butter
parsley (for garnish)

Make the sauce: In a skillet, saute' the garlic and onions until transparent in olive oil. Add the mustard, dill, capers, parsley and wine. Reduce by 1/3. Add butter to cream the sauce..

Season the swordfish on both sides with salt and pepper. Pour some olive oil into a large frying pan over high heat. When the oil begins to lightly smoke, add the swordfish. Turn the heat down to medium-high and cook for 3-4 minutes per side, or until it reaches 145°F

Place the swordfish onto serving plates. Pour the sauce over the swordfish steaks. Garnish with parsley.

Serve.

Seafood

Per Serving (excluding unknown items): 310 Calories; 7g Fat (27.7% calories from fat); 35g Protein; 6g Carbohydrate; 1g Dietary Fiber; 66mg Cholesterol; 184mg Sodium. Exchanges: 5 Lean Meat; 1 Vegetable; 0 Fat; 0 Other Carbohydrates.