
Swordfish Schnitzel with Radicchio Salad

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Food Network Magazine- June 2021

Servings: 4

Start to Finish Time: 40 minutes

1/2 red onion, thinly sliced
2 eight ounce (1 to 1-1/2 inches thick) swordfish steaks
1/4 cup all-purpose flour
2 large eggs, lightly beaten
3/4 cup breadcrumbs
Kosher salt
freshly ground pepper
4 slices thick-cut bacon
3 tablespoons extra-virgin olive oil
1 head radicchio, torn into large pieces
1 small head butter lettuce , torn
2 tablespoons red wine vinegar
1 tablespoon spicy brown or Dijon mustard

Place the red onion in a small bowl and cover it with ice water. Set aside.

Using a sharp knife, slice each swordfish steak in half horizontally to make a total of four thin swordfish steaks. Place the fish between two sheets of plastic wrap and gently pound to 1/4 to 1/2 inch thick with a meat mallet or heavy skillet.

Divide the flour, eggs and breadcrumbs among three shallow bowls. Season the breadcrumbs with one teaspoon of salt and a few grinds of pepper. Dredge the fish in the flour, shaking off any excess. Dip in the eggs, then coat in the breadcrumbs. Transfer to a plate

Cook the bacon in a nonstick skillet over medium-high heat, flipping, until crisp, 6 to 8 minutes. Remove to a paper towel-lined plate. Spoon two tablespoons of the bacon fat into a small bowl.

Add the olive oil to the skillet and return to medium heat. Add two swordfish steaks and cook until crisp, 2 to 3 minutes per side. Remove to a rack set on a baking sheet. Add more olive oil to the skillet, if needed, and repeat with the remaining two swordfish steaks.

In a large bowl, combine the radicchio and lettuce. Crumble the bacon into the salad. Drain the red onion and pat dry. Add to the salad. Whisk the vinegar and mustard with the reserved bacon fat and toss with the salad.

Divide the swordfish and salad among the plates.

Seafood

Per Serving (excluding unknown items): 269 Calories; 16g Fat (54.8% calories from fat); 21g Protein; 9g Carbohydrate; 1g Dietary Fiber; 139mg Cholesterol; 115mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.