

# Roasted Swordfish

with Olive Oil Bread, Pine Nuts, Currants, and Aged Balsamic  
serves 6

*This recipe is by Chef Dean Max of Even Keel Fish & Oyster in Ft. Lauderdale. "There's something about the water which is magical to me," Max muses in the introduction to his cookbook, A Life by the Sea. "My love of food is fed from the fond memories of smells and tastes of my childhood."*



## Ingredients:

6 each	Swordfish steaks (7 oz.)
1 each	lemon
½ lb	baby arugula
6 Tbs	pine nuts
6 Tbs	dried black currants
6 Tbs	25 year old Balsamic Vinegar
12 Tbs	extra virgin olive oil
2 Tbs	butter
6 each	thick slices of ciabatta bread
6 Tbs	basil oil

## Preparation:

Season the swordfish with salt and cracked pepper. Heat a cast iron or cold steel fish skillet over a medium high heat. Put 2 tablespoons of olive oil in the hot skillet. Place the swordfish fillets in the skillet and saute 5 minutes on both sides. Remove the fish from the pan and transfer to a warm plate until needed. Drizzle with the juice of the lemon.

Cut the crust from the ciabatta bread to make six equal planks. Season the bread with a tablespoon of olive oil, salt, and pepper. Grill the bread on an open fire or toast the bread in the oven if you do not have a grill readily available. You can feel free to grill the swordfish rather than pan roasting as well.

In a saute pan, warm the butter and 3 tablespoons of olive oil until hot. Add the pine nuts and black currants and continue to warm. Quickly add the arugula and toss to coat with the mixture. Drizzle 3 tablespoons of the balsamic over the salad. Season with salt and pepper.

To Serve: Place a piece of bread in the center of each plate. Spoon equal portions of the arugula mixture over the bread. Place the warm fish on top of the salad. Spoon any juice on the fish back over the fish. Drizzle the balsamic and basil oil around the plate.