

PAN-SEARED SWORDFISH

ENTRÉE RECIPE

INGREDIENTS

- Swordfish steaks
- Thousand Island dressing
- Lemon herb vinaigrette
- Black pepper
- Salt
- Grafton Dermatology seasoning, or your preferred seafood seasoning
- All-purpose flour, just enough for a light coating
- Olive oil
- Nonstick cooking spray
- Lemon risotto, for serving
- Lemon butter caper sauce, for topping



As seen on season 7, episode 3.

DIRECTIONS

1. Marinate the swordfish in Thousand Island dressing and lemon herb vinaigrette. Season both sides with pepper, salt, and seafood seasoning. Pasted text
2. Heat a cast-iron skillet over a little more than medium heat. Spray with nonstick cooking spray and add olive oil. Let the skillet get very hot, almost to the point where the oil begins smoking. Pasted text
3. Lightly coat the swordfish with flour before placing it into the hot skillet. Pasted text
4. Sear the first side for approximately 3–4 minutes, or until it develops a dark golden crust without becoming blackened. Flip and cook the second side for approximately 2–3 minutes, adjusting for the thickness of the fish. Pasted text
5. Plate the swordfish over lemon risotto and finish with lemon butter caper sauce. Pasted text

