

How To Grill The Perfect Swordfish

(NAPSA)—Where most people go wrong in grilling swordfish—or any fish steak—is in thinking they can just throw it over a direct flame like any beef steak and expect the Gods of Grilling to make everything miraculously turn out okay.

Well, here's a news flash, especially for all you weekend outdoor chefs: It won't turn out okay—not if you want a fish that's perfectly rare on the inside and charred on the outside.

“I can't emphasize this enough,” says celeb chef Nick Stellino, who hosts PBS' “Cooking With Friends.” “Never cook fish steak over direct heat on a preheated grill because it scorches the exterior while leaving the interior undercooked. Plus, when it's time to turn the fish, it's more likely to stick to the grill and break apart.”

Finally, there's the vinaigrette marinade. The right oil and vinegar—Stellino's swordfish recipe below calls for Pompeian—can be a gift from those same gods by boosting moisture and grill flavor.

Grilled Swordfish Steaks with Pompeian Vinaigrette

Serves 6

Ingredients:

Pompeian Extra Light Tasting Olive Oil for grill
6 swordfish/tuna steaks, each 6 oz. and about 1" thick

¼ tsp. salt

¼ tsp. pepper

1 tsp. paprika

Preparation:

Make vinaigrette (see below).

1. Marinate fish steaks in Pompeian vinaigrette for 10 minutes.

2. Coat grill grates well with Pompeian Extra Light Tasting Olive Oil.

3. Preheat gas grill, with cover down on high, for about 15 minutes.



Celeb chef Nick Stellino's grilled swordfish steaks

4. Turn off one side of grill and leave other side on high.

5. Sprinkle each fish steak with salt, pepper and paprika; brush both sides of fish liberally with vinaigrette.

6. Grill on the side away from direct heat for 2 to 3 minutes per side. That should give a medium-rare center; cook a bit longer for well-done.

Pompeian Vinaigrette

Ingredients:

8 cherry tomatoes

1 Tbsp. chopped parsley

2 Tbsp. chopped fresh thyme or rosemary leaves

¼ tsp. salt

4 Tbsp. Pompeian Red Wine Vinegar

1 Tbsp. sugar

6 Tbsp. Pompeian Extra Virgin Olive Oil

Preparation:

Place all ingredients except olive oil in a food processor for about 30 seconds. Add oil in a thin stream until incorporated into the dressing. Turn off processor, transfer to bowl, and put aside until you're ready to marinate the fish.

To Serve: Transfer to serving plate, passing any remaining vinaigrette.

For more recipes and information, visit www.pompeian.com.