

Grilled Swordfish Steaks with Pecan Wine Sauce (serves 2)

Recipe of the Month: July 2010



First American foods Chef Michelle Durant is a distinguished and renowned culinary expert. She has been regarded as a "Chef for the People" by her peers. We're sure you'll enjoy preparing these recipes as much as your family will enjoy eating them.





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Ingredients:

- 2 First American Foods swordfish steaks, thawed
- Your favorite seafood seasoning (or salt and pepper) to taste
- 1 tablespoon olive oil



Pecan Wine Sauce

- 1 tablespoon olive oil
- 3 green onions, sliced white part only
- 1-2 cloves garlic, diced fine
- ½ cup light brown sugar
- ½ cup chopped pecans
- 3 tablespoons white wine (such as chardonnay)
- Water*

Directions:

1. Rinse the swordfish steaks under cold water and pat dry with a paper towel. Rub the steaks with the oil and season to taste with the seafood seasoning. Place on a hot, well oiled grill and cook for 3-4 minutes per side (or until the center is just done). Remove the steaks to a clean plate and cover with foil to rest.
2. Heat a large skillet over medium high heat for one minute. Add the oil and green onions and sauté for one minute. Add the garlic and sauté for one more minute. Add the brown sugar, pecans, and wine to the skillet. Simmer until sauce thickens (about 2 minutes). *If sauce is too thick, add 1 tablespoon water to the skillet (at a time) until desired thickness.
3. Place the swordfish steaks on a plate and spoon sauce over top.

Enjoy! ~ Chef Michelle