

Broiled Swordfish

Ingredients	Quantity
Swordfish Steak	1
Fine Sea Salt	1 tsp
Black Pepper Powder	1 tsp
Lemon	Half
Extra Virgin Olive Oil	2 TBSP

Important Notes selecting fish:
 Check carefully for darkness or dryness on the skin and flesh of fish. Off odors or smells in the piece of fish should be avoided. Fish should be vibrant and smell fresh. Farm raised or wild is ideal.







Procedure

1. Preheat oven to 500 F.
2. Season the swordfish fillet with fine sea salt and white pepper on both sides.
3. Brush a **Silpat®** with olive oil. Position the seasoned swordfish steak on it.
4. Brush the fish surface with more olive oil to impart a nice flavor to the fish.
5. Bake for about 7-8 minutes at 500 F. Rotate in oven.
6. Check if it is cooked with the help of a thin metal skewer. It should be warm. If it is hot, the fish is overcooked, this should be avoided!
7. Serve the sword fish in a white plate with half lemon on the side.

Important Notes when prepping and cooking fish: When seasoning the fish is important to have your hands completely dry to control the seasoning applied.

RECIPE DIFFICULTY LEVEL

	EASY
	MODERATE
	CHALLENGING
	PROFESSIONAL

Tools & Equipment

- **Silpat®**
- Half sheet baking tray (13"x18")
- Spatula
- Tweezers (in case of fish bones)
- Measuring spoons
- Chef's knife
- Cutting board
- Pastry brush