



LOUISIANA
+ COASTAL COOKING +

wyes  PBS

Swordfish Chop with Black Garlic Bordelaise

Chef Mike Nelson

GW Fins

4 swordfish steaks, cut thick
2 Tbsp butter
Salt and pepper
Your choice of vegetable and potatoes

Preheat oven to 400 degrees. Heat a large sauté pan on medium high heat. Season swordfish with salt and pepper. Add butter to the sauté pan and gently place swordfish in the hot pan. Cook 4-6 minutes until golden brown, turn over and place in the 400 degree oven for another 4-6 minutes (depending on thickness). Pull from oven and serve immediately.

Black Garlic Bordelaise Sauce

¼ cup black garlic cloves, finely chopped
6 cloves garlic, finely chopped
1 shallot, finely chopped
1 tsp fresh rosemary, finely chopped
½ tsp fresh thyme, finely chopped
1 tsp coarse black pepper
½ tsp salt
2 oz olive oil
1 cup red wine
1 Tbsp parsley, chopped

Add all ingredients except wine and parsley to a sauce pan. Heat gently on medium heat until fragrant, 3-4 minutes. Add wine and reduce by half. Finish with chopped parsley and spoon sauce directly over your favorite meat or fish.

Serves 4.