

GRILLED SWORDFISH WITH LEMON BEURRE BLANC

Servings: 4-6



INGREDIENTS:

- 1 to 2 shallots, finely chopped
- 1 cup white wine
- 2 ounces lemon juice, freshly squeezed
- 1 Tablespoon heavy cream
- 1.5 sticks of cold unsalted butter, cubed
- Sea salt & ground white pepper, to taste
- 3 -1 lb. swordfish steaks
- 3 tablespoons extra-virgin olive oil
- 2 fresh rosemary sprigs for garnish

DIRECTIONS:

Make the Lemon Beurre Blanc

Combine the shallots, wine, and lemon juice in a saucepan over high heat. Reduce to 2 tablespoons. Add the heavy cream and reduce the heat to low once the liquid begins to bubble. One cube at a time, add the butter and whisk.

Take the pan off the heat and continue whisking the butter into the reduction until the mixture is fully emulsified and reaches a rich sauce consistency. Season with salt and pepper and store in a warm place until ready to serve.

Prepare the Swordfish

Preheat grill or broiler. Brush swordfish with olive oil, then salt and pepper to taste on both sides. Cook the swordfish, turning once; cook 3-4 min on each side.

Plate & Serve

Transfer the swordfish to a large platter and cut to desired size. Drizzle the lemon / butter sauce over the fish; garnish with fresh rosemary. Serve immediately, accompanied by Sarah's Vineyard 2016 Estate Viognier.

