

GRILLED SWORDFISH
WITH HERBED BUTTER

Recipe by Cathy Roma

PAIR WITH:
"FERRINGTON VINEYARDS"
PINOT NOIR



INGREDIENTS

HERB BUTTER

- 4 oz unsalted butter, softened (1 stick)
- 2 Tbsp shallots, minced
- 2 tsp fresh rosemary, minced
- 2 tsp fresh chives, minced
- 2 tsp fresh thyme, minced
- 2 tsp lemon zest
- 1 tsp kosher salt
- 1/4 tsp red pepper flakes

GRILLED SWORDFISH

- 24 oz swordfish steaks
(4- 6 oz swordfish steaks - 1 inch thick)
- 1 Tbsp extra virgin olive oil
- Kosher salt and pepper
- 2 oz herb butter, chilled and sliced

PREPARATION

Herb Butter

- Combine all the ingredients in a food processor or beat with a mixer until well combined.
- Form butter into a log and roll tightly in plastic wrap.
- Refrigerate until firm.

Grilled Swordfish

- Preheat your grill to med/high heat.
- Rub the oil on both sides of the fish and season well with salt and pepper on both sides.
- Grill the swordfish about 3-4 mins on each side. (If your steaks are on the thin side, take them off early to avoid drying out the fish.)
- Slice 4 pats of herb butter and place one slice on each swordfish steak and allow to melt into the fish.
- Reserve the remaining butter for another use.
- Serve with simple roasted potatoes.

Note

- Butter can be made several weeks in advance and stored in the freezer