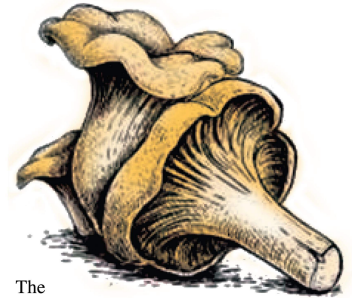


Northfork Swordfish

with seasonal vegetables

I love swordfish but have backed away from it for decades given how overfished it had become. Now that the fisheries are recovering and conservation practices have been adopted I feel better stepping up and cooking it again.



The
Carriage House
Cooking School

4 6 ounce	swordfish steaks, trimmed
2 tablespoons	hellmans mayonnaise
1 teaspoon	kosher salt
1 teaspoon	fresh ground black pepper
3 tablespoons	extra virgin olive oil
1 cup	sliced leek
1 cup	sliced summer squash
1 cup	sliced zucchini
1 cup	corn kernels
1 cup	diced fresh tomatoes
1/2 cup	dry vermouth
1 teaspoon	kosher salt
1/2 teaspoon	black pepper
1/2 cup	chopped fresh dill

1. Preheat a grill to medium high heat.
2. When ready to grill brush the swordfish with the Hellman's and season with salt and pepper and place on the grill. Cook on the first side for 3 to 4 minutes then flip, trying to place the fish on a clean part of the grill.
3. While the fish is grilling preheat a large skillet over medium high heat. Add the olive oil to it. When the olive oil shimmers and the pan is warm add the leek, summer squash, zucchini and corn and sauté for 3 to 4 minutes. Add the tomato, vermouth, salt and pepper and continue to cook for an additional 3 to 4 minutes. Toss in the dill and toss the vegetables to distribute it.
4. When ready to serve place the sautéed vegetables on a large platter and arrange the swordfish steaks on top. Garnish with fresh herbs and edible flowers.