WILDFIRE®
STEAKS, CHOPS & SEAFOOD

LONDON BROIL SWORDFISH

Yield: 4 Servings



INGREDIENTS FOR SWORDFISH

- 4 8-oz. swordfish steaks, cut 1-inch thick, marinated (see recipe below)
- 6 roma plum tomatoes
- 1 tsp. kosher salt
- ¼ tsp. fresh ground black pepper
- 2 tsp. sugar
- 2 tsp. dry oregano
- 2 cloves minced garlic
- 2 Tbsp. olive oil
- 2 medium red onions
- 2 tsp. chopped garlic
- ½ tsp. kosher salt
- ¼ tsp. fresh ground black pepper
- 1 tsp. balsamic vinegar
- 1 tsp. worcestershire
- 1 tsp. tamari
- 1 tsp. honey
- ¼ tsp. crushed red chilies
- 8 tsp. Char Crust Dry Rub, Roasted Garlic Peppercorn (available at most grocery stores)
- Balsamic Vinaigrette (see recipe below)
- ¼ cup fresh basil leaves, torn

INGREDIENTS FOR MARINADE

- 2 tsp. chopped fresh thyme
- 2 tsp. chopped fresh rosemary
- 2 tsp. chopped fresh chives
- 2 tsp. lemon zest
- ¼ tsp. crushed red chilies
- 2 Tbsp. extra virgin olive oil

INGREDIENTS FOR BALSAMIC VINAIGRETTE

- 1 Tbsp. white balsamic vinegar
- 1 Tbsp. balsamic vinegar
- 2 tsp. chopped shallots
- 1 tsp. chopped garlic
- 1 tsp. dijon mustard

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1 tsp. sugar

½ tsp. kosher salt

¼ tsp. fresh ground black pepper

3 Tbsp. extra virgin olive oil

METHOD

1. Whisk together all ingredients for marinade and coat swordfish steaks completely. Cover and refrigerate for at least 30 minutes or until ready to use.
2. While fish marinates, preheat the oven to 250° F.
3. Wash, core and cut tomatoes into ¼-inch pieces. Gently toss with the next 6 ingredients (kosher salt, black pepper, sugar, dried oregano, minced garlic and olive oil).
4. Neatly line up tomatoes on a wire rack over a lined sheet pan. Bake for 2 hours. (NOTE: Use tomatoes immediately or refrigerate extra in a covered container for up to 5 days.)
5. Slice red onion into ½-inch slices. In a 10-inch saute pan over medium heat, add a small drizzle of olive oil and saute red onions, 2 tsp. chopped garlic, salt and pepper together until onions soften and begin to caramelize but are not burnt, about 5-7 minutes.
6. Add the next 5 ingredients to the pan (balsamic vinegar, worcestershire, tamari, honey, crushed red chilies) and continue to cook down for an additional 2-3 minutes or until mixture is dry. Set aside until ready to use.
7. Turn on the grill to medium hot and allow to preheat for 20 minutes.
8. While the grill preheats, whisk all ingredients for Balsamic Vinaigrette dressing together well. Slowly add olive oil until dressing comes together. Set aside until ready to use.
9. Clean grill grates well with grill brush and using grill-proof tongs, quickly rub grates with oiled towel.
10. Remove swordfish steaks from marinade and season all over with Char Crust dry rub.
11. Add marinated swordfish steaks to grill and cook for 3-4 minutes on each side, making criss cross marks.
12. Remove fish from grill and allow to rest for 5 minutes.
13. Slice each piece of swordfish into 5-6 slices on an angle. Fan pieces out on individual plates, then scatter slow-roasted tomatoes and caramelized onions over the fish.
14. Drizzle balsamic vinaigrette over each plate to taste and garnish with torn basil leaves.

