



## Grilled Swordfish in Lemon Caper Cream Sauce

Serves 4

### Ingredients

4 swordfish portions

8 tablespoons extra virgin olive oil

4 tablespoons soy sauce

a few sprigs of fresh thyme

1 cup Italian-seasoned breadcrumbs

1 cup Italian-seasoned panko crumbs

garnish: fresh-cut sprigs of Italian parsley

garnish: Sliced lemons

### Creamy Lemon Caper Sauce:

8 tablespoons olive oil

½ stick of high-quality butter

½ cup of heavy cream

juice of 1 medium-sized lemons

zest of 1 small lemon

1-½ cups minced fresh-cut Italian parsley

4 cloves of fresh garlic, finely chopped

4 Tablespoons fresh-cut oregano, finely chopped

½ small jar of capers (if salted, rinse thoroughly)

### Directions:

Drizzle each swordfish steak with olive oil and spread the oil evenly over each steak on all sides. Drizzle some soy sauce on top and spread some minced garlic and thyme over it all.

Using a shallow mid-size bowl, pour in the Italian seasoned breadcrumbs and panko crumbs.

Place each oiled swordfish onto the breadcrumbs and panko crumbs and then turn over, making sure that the steak is covered on all sides.

Get the grill heated.

While grill is warming up, heat all the sauce ingredients in a saucepan.

Place on a very low simmer to keep the sauce warm while grilling the swordfish steaks.

Grill the steaks on a medium-low heat for 2 minutes on each side until the bread crumb coating is a nice gold-brown color.

The thicker the steak, the longer the time necessary to cook through, keeping in mind that the steaks should not be cooked to the point of being dry, but rather they should be moist and tender inside.

Pour a little bit (about a tablespoon) of the creamy lemon caper sauce on top of each steak.

Garnish with sprigs of fresh-cut Italian parsley and slices of lemons.