

## Recipes by James Brown, MCGB

### *Char-grilled swordfish with romesco sauce and saffron rice*

*(serves 2)*

#### **Ingredients:**

2 fresh swordfish steaks, trimmed of skin, 175 – 225g (6 – 8oz) each  
1 lemon  
Sea salt and black pepper  
Extra virgin olive oil

#### **For the romesco sauce:**

3 tablespoons extra virgin olive oil  
4 cloves garlic, peeled and thinly sliced  
75g (3oz) blanched almonds  
2 ripe red peppers  
1 medium onion, peeled and finely chopped  
200g ripe plum tomatoes, diced  
Zest and juice of 1 orange  
1 packet of fresh coriander

#### **Method for the romesco sauce:**

Heat 2 tablespoons of the oil in a heavy based pan on a low heat. Add the garlic and cook gently until light brown in colour. Remove with a straining spoon and keep on one side. Add the almonds to the oil increase the heat slightly and cook, stirring until the almonds are golden (about 3 minutes). Remove the almonds and keep with the garlic.

Add 1 tablespoon of olive oil to the pan, put on a medium low heat and add the peppers and onions. Cook for 15 minutes stirring occasionally to soften the vegetables. Add the tomatoes, orange juice and zest. Season with salt and pepper. Cook out for 5 minutes to blend the flavours.

Add the reserved garlic and almonds. Cook for a couple of minutes to warm them through. Stir in the washed and picked coriander leaves. Blend with a stick blender or in a liquidiser.

#### **For the saffron rice**

#### **Ingredients:**

100g basmati or jasmine rice  
2 pints of water  
Infusion ingredients:  
1 bay leaf  
1 packet of saffron powder  
8 peppercorns  
3 cloves  
2 cardamom pods  
1 small onion, thinly sliced  
1 lemon quartered  
1 teaspoon of salt

Rinse the rice in a sieve under plenty of cold, running water. Place 2 pints of water in a large pan and add the infusion ingredients. Bring to the boil and simmer for fifteen minutes. Strain the infused water into a large jug or bowl. Discard the infusion ingredients and pour the infused water to the pan. Return the liquid to the boil and stir in the rice. Cook for 10 minutes or until tender, strain and serve.

### **To cook the swordfish:**

Pre-heat the char grill (you can also use a BBQ or contact grill e.g. George Forman). Brush the swordfish steaks on both sides with a little olive oil. Cook for 3 minutes each side, turning through 90° once to obtain a cross-hatch pattern (if you are using a contact grill which cooks from both sides at once, reduce the cooking time by half. Remove from the grill and season with salt, pepper and a good squeeze of lemon juice.

### **To present:**

Serve the rice into warmed bowls. (If you want to dress up the presentation, press the rice into lightly oiled ring moulds) Serve the swordfish steaks on a good spoonful of the romesco sauce. Finish with extra sauce over the top and fresh coriander.



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