

## HOW TO BBQ THE PERFECT SWORDFISH STEAK



The most important thing with swordfish is don't overcook it, so make sure everything else is ready to go before you put the fish on the grill. Second most important, keep it moist by basting during cooking as described below.

This works well for fish cut into steaks approximately ½ inch thick.

- Wash the fish in cold water and pat dry with paper towels
  - Season both sides with pepper and salt
  - Just before cooking, splash some lemon juice over the fish and allow both sides to get wet
  - Place the fish on a **HOT** BBQ grill for 4 minutes
    - Immediately baste the uncooked top side with melted butter
  - Turn and cook the other side for 2 minutes
    - Immediately baste the now cooked top side with butter
  - Serve with a little lemon juice squeezed over the top
- 
- *DO NOT* cook longer or it will go dry and chewy. If cooked properly, the fish will come apart in flakes with your fork. This won't occur if it's overdone.
  - *For effect*, when cooking the 1<sup>st</sup> side (which will be the top side when you serve), place the fish at a 45° angle to the grill bars to get the 'stripes on an angle'. After 2 minutes, rotate the fish 90° to complete the crisscross pattern.