

Where the Sea Meets the Grill

By Bob Skolnick Photography by Marty Snortum Studio

Swordfish have grown in popularity over the past two decades, to the point that there are serious concerns of the species being over-harvested. These great fish can average over 200 pounds in size, and typically prefer temperate and tropical water. They live off the coast of a number of countries including Japan, Chile, Mexico and Singapore. More than two thirds of fresh swordfish come from Chile with smaller amounts coming from Canada and Mexico. Swordfish can be purchased fresh or frozen. "Clipper" is the highest quality designation, indicating the swordfish are flash-frozen at sea.



Grilled Swordfish Brochettes



Serves 4

- 1½ lbs swordfish steaks
- 10 oz marinade
- 12 each sweet mini red peppers
- 12 each red pearl onions
- 2 each zucchini squash
- 4 each yellow crook neck squash
- 1 pint mango salsa
- 4 sprigs fresh cilantro

Marinade for the Swordfish

- 2 tsp fresh dill
- ½ tsp black pepper
- ¼ tsp garlic salt
- ½ tsp garlic powder
- ¼ cup brown sugar
- 3 tbsp vegetable oil
- 1 cup chicken stock
- 3 tbsp soy sauce
- 4 tbsp green onions - chopped



Mango Peach Salsa



- 1 each mango - peeled, pitted & diced
- 1 each peach - peeled, pitted & diced
- ½ cup red onion - diced small
- ½ cup sweet red pepper - diced small
- 2 each jalapeno peppers - seeded and diced small
- 6 sprigs cilantro chopped fine
- 2 oz lime juice

(Prepare ahead by combining all ingredients and refrigerate for 24 hours, stirring occasionally to blend the flavors.)

Preparation

1. Trim the skin off of the swordfish steaks and cut the fish into 16 one-and-a-half ounce pieces.
2. Combine all of the ingredients of the marinade and pour over the swordfish pieces. Cover and refrigerate for at least six hours.
3. Slightly oil the sweet red peppers and blister them under the broiler or place on your barbecue grill, turning them often to blister evenly. Be careful not to over cook the peppers. They need to be kept firm. When blanched, let them cool.
4. Peel and blanch the red pearl onions, cooking them under the broiler half way, then let cool.
5. Cut the zucchini and yellow squash into one inch-thick rounds, oil and slightly brown under the broiler - let cool
6. Using four long, metal skewers, assemble the brochettes alternating red peppers, swordfish, red pearl onions, zucchini and yellow squash. Bring leftover marinade to a boil and thicken with cornstarch slurry and simmer until clear. The thickened marinade makes a wonderful glaze for the finished brochettes.
7. Heat your charcoal barbecue until you have glowing coals, and cook the brochettes (turning often to cook evenly) until the swordfish is firm. The brochettes should only take ten minutes or less on the barbecue. You've already par-cooked the vegetables, so they will finish at the same time as the swordfish.
8. Place a brochette on each platter with a serving spoon of the Mango Peach Salsa. A good accompaniment is grilled eggplant and rice pilaf or sticky Japanese rice.

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