



## **October 2010 - RECIPE OF THE MONTH:**

### ***Swordfish with Green Pepper, Tomatoes, Onions and Jalapeno***

*Provided by Mel & Sheryl London*

**A year-round favorite, to be served hot over pasta or rice, or cold with a salad of crisp greens.**

**Serves 4 to 6**

**4 swordfish steaks, 1 inch thick, weighing between 6 and 8 ounces, boned, and cut into 1 ½ inch pieces (substitute: Monkfish, Halibut, Mako or Wahoo)**

**1 large sweet white onion, e.g. Vidalia, thinly sliced**

**1 large green pepper, seeded & cut into rings**

**2 cloves garlic, coarsely chopped**

**1 large jalapeno, stemmed & coarsely chopped**

**3 large ripe tomatoes, skinned and cut up coarsely**

**1 tablespoon tomato paste**

**Salt and pepper to taste**

**3 tablespoons water**

**3 tablespoons coarsely chopped Italian parsley**

**½ teaspoon dried Greek oregano**

**In a heavy 12 inch skillet, heat the oil over medium-high heat. Add the fish pieces and sauté only until opaque, turning the pieces frequently. Remove the fish with a slotted spoon and set aside.**

**In the same skillet, add the onions and sauté, stirring occasionally, until slightly golden. Then add the green pepper and sauté until tender crisp. Add the garlic and jalapeno and cook for one minute more. Then add the tomatoes and tomato paste, diluted with water. Season with salt and pepper, add 2 tablespoons of the parsley and the oregano and bring to a boil. Lower the heat to simmer and simmer for 5 minutes. Then lay the fish pieces over the sauce and continue to cook, basting frequently, for about 5 minutes more. (Test fish for doneness with the point of a knife.) Sprinkle with the remaining parsley and serve hot over pasta or rice – or cool, then refrigerate and serve cold with a green salad.**

MEL & SHERYL LONDON are the authors of eleven cookbooks, including “A Seafood Celebration” and “The Fish Lovers” Cookbook.” They are winners of the James Beard Award and the Tastemaker Award and were finalists for the IACP Cookbook Award for “The Gourmet Garage Cookbook.” They have been loyal and loving customers of The Lobster Place since the company first opened its doors in Chelsea Market.