

# RECIPES

## **SWORDFISH WITH SWEET AND SOUR CIPPOLINE**

2 Tbl. Olive Oil Extra Virgin  
2 cup. Cippoline, peeled  
¼ cup Whole Garlic Cloves, peeled  
4 branches Fresh Thyme  
½ cup White Balsamic Vinegar  
¼ cup Honey  
Kosher Salt and freshly ground pepper

4 ea. Swordfish Steaks  
1 Tbl. Olive Oil Extra Virgin  
Kosher Salt

### *Preparation:*

1. Heat a heavy bottom saute pan. Add olive oil, cippoline and garlic. Cook over a medium heat for 7-8 minutes. Add thyme and cook for an additional 2 minutes.
2. Add vinegar and honey, mix well and bring to a simmer. Cover with foil and place in a preheated 350 degree oven and cook for 40-50 minutes, stir occasionally. Remove from oven and keep warm.
3. Pre heat a charcoal grill. Season Swordfish with salt and brush with olive oil.
4. Cook swordfish over a medium high heat. Cook just until cooked through.
5. Place swordfish on plates and top with cippoline.

**a r i a**