

Sicilian-Style Swordfish

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Recipe source: [Hooked on Fish](#) sharing a recipe from [cucinettaNYC via Food52](#)

Serves 4

INGREDIENTS:

- 2 tablespoons olive oil
- 1 medium yellow onion, halved and thinly sliced
- 2 garlic cloves, finely minced
- 1/3 cup sun-dried tomatoes packed in oil
- ¼ cup pitted oil-cured black olives coarsely chopped
- 2 tablespoons salted capers, well rinsed and coarsely chopped
- ¼ cup dry white wine, preferably Sicilian
- Crushed red pepper to taste
- 4 6-ounce swordfish steaks
- Salt and pepper to taste
- Basil, roughly torn for garnish



DIRECTIONS:

- In a large skillet (one wide enough to hold swordfish in a single layer), heat oil over medium-high heat.
- Add onion and garlic; cook, stirring frequently, until onion is lightly browned, 3 to 4 minutes. Remove from heat.
- Add sun-dried tomatoes, olives, capers, wine and generous pinch red pepper flakes; stir together. Transfer to bowl.
- Lightly season swordfish with salt and pepper; in a single layer, place fish in skillet.

- Return skillet to medium-high heat, cover and cook for 3 minutes per side.
- When swordfish is cooked through and browned, cover with sauce and warm.
- Sprinkle roughly torn basil and serve. This dish can also be served room temperature.