



Kitchak Cellars, where good food and great wine are both a necessity of life and a lifestyle.

Swordfish Steaks with Smokey Tomato Ketchup

Time: About 1 hour and 15 minutes
Servings: 4
Wine Pairing: Kitchak Cellars Scherzo Napa Valley Rosé of Cabernet
Serve: For a summer dinner of Fish on the Grill

Inspiration:

There was, 20 years ago, a small restaurant near the beach at Cabo San Lucas where you could take a fish you caught that day to be prepared. It was simple, but the cook used a lot of tomatoes, vegetables and spices in the preparation. While he did not use the exact ketchup described below, the ultra fresh fish, and the combination of tomatoes, vegetables and spices from that restaurant provides the inspiration for this recipe.

Ingredients:

Four 7 ounce swordfish steaks cut $\frac{3}{4}$ inch thick
Salt
Freshly ground pepper
2 cloves garlic – minced.
2 tablespoons lemon juice
2 tablespoons extra-virgin olive oil

Ketchup Ingredients:

1 tablespoon vegetable oil
1 garlic clove, minced
 $\frac{1}{2}$ small red onion, minced
 $\frac{1}{2}$ teaspoon finely grated lemon zest
3 tablespoons light brown sugar
2 tablespoons fresh lemon juice
2 tablespoons red wine vinegar
2 teaspoons drained capers
 $\frac{1}{2}$ teaspoon ground allspice
 $\frac{1}{2}$ teaspoon ground ginger
 $\frac{1}{2}$ teaspoon dry mustard
4 medium tomatoes (1 $\frac{1}{4}$ pounds)
Salt and freshly ground pepper

Directions:

1. Swordfish: Arrange swordfish in shallow dish and season with salt and pepper, Rub garlic onto both sides of the steaks, drizzle lemon juice and olive oil over the fish. Cover and refrigerate for about 1 hour.
2. Ketchup: In a saucepan, heat the oil. Add garlic, onion and lemon zest and cook over moderately high heat until slightly browned – about 4 minutes. Stir in the brown sugar, lemon juice, vinegar, capers, allspice, ginger, and mustard and boil for 3 minutes. Remove from heat.
3. Light charcoal grill, oil the grate and wait until it is hot. Grill tomatoes over high heat, turning frequently until lightly charred. Core and finely chop the tomatoes then stir into the ketchup. Simmer over low heat stirring occasionally, until thickened, about 10 minutes. Season with salt and pepper.
4. Grill swordfish steaks over high heat for 5 minutes, shifting the steaks 90 degrees after 2 minutes to create a crosshatch pattern. Turn swordfish over and grill an additional 3 minutes. Plate and serve with the grilled tomato ketchup.

