

# Grilled Swordfish Piccata

## Ingredients:

- (4) 6- to 7-ounce skinless swordfish steaks
- Salt and freshly ground black pepper
- 6 thin slices of serrano ham or prosciutto
- 1/2 cup all-purpose flour, plus more for dusting
- 1/2 cup freshly grated Parmigiano-Reggiano cheese
- 1 large egg, beaten
- 1/2 milk
- 2 tablespoons extra-virgin olive oil
- 1 stick unsalted butter
- 1/2 cup sliced almonds
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons drained capers
- 2 tablespoons chopped flat-leaf parsley, sautéed kale and a lemon wedge for garnish



## **Directions:**

1. Preheat the oven to 350°. Season the swordfish steaks with salt and black pepper and wrap a slice of ham around each steak. Lightly dust the swordfish all over with flour.
2. In a pie plate, combine the 1/2 cup of flour with the grated Parmigiano-Reggiano cheese. In large bowl, whisk the beaten egg with the milk. Dip the swordfish steaks in the egg mixture, allowing the excess to drip off, then press the steaks into the flour mixture so that it adheres.
3. In a large ovenproof nonstick skillet, heat the olive oil over medium-high heat. Add the swordfish steaks and cook over moderately high heat until lightly browned, about 3 minutes. Flip the steaks over. Transfer the skillet to the oven and roast the swordfish for about 5 minutes, until cooked through.
4. Meanwhile, in a medium skillet, melt the butter. Add the sliced almonds and cook over moderate heat, stirring, until the almonds are toasted and the butter is lightly browned, about 4 minutes. Remove the sauce from the heat and add the lemon juice, capers and parsley. Transfer the swordfish steaks to plates and spoon the sauce on top. Serve with sautéed kale and lemon wedges for garnishes.

**Yield: 4 Servings**