

Grilled swordfish souzlaki

Author: Adapted from Steven Raichlen's *The Barbecue! Bible*



Description: Simply grilled fish in a Greek lemon juice marinade

FISH & MARINADE:

1 1/2 pounds swordfish steaks, about 1 1/2 inches thick

3 tablespoons olive oil

3 tablespoons fresh lemon juice

3 tablespoons dry white wine

2 cloves garlic, minced

1 tablespoon fresh oregano, chopped

1 teaspoon lemon zest

1 teaspoon salt

1/2 teaspoon freshly ground black pepper

3 tablespoons fresh parsley, minced

1 tablespoon fresh mint, minced

lemon wedges for serving

Per Serving (excluding unknown items): 311 Calories; 17g Fat (51.4% calories from fat); 34g Protein; 2g Carbohydrate; trace Dietary Fiber; 66mg Cholesterol; 689mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat.

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>

1. Trim skin from fish (if any). Rinse under cold water, then drain and blot dry with paper towels.
2. Combine the oil, lemon juice, wine, garlic, oregano, lemon zest, salt and pepper in a large nonreactive bowl, pan or plastic bag. Whisk mixture until blended and the salt is dissolved. Taste the marinade - it should be highly seasoned. Add the fish, turning to cover all surfaces. Marinate in the refrigerator for 2 hours, or at room temp for 30 minutes, turning the fish several times.
3. Preheat grill to high heat.
4. Oil the grill grate. Place swordfish on the grill, over direct heat. Grill for 3-5 minutes per side, basting the fish with additional marinade (not during the last two minutes). The fish should just flake easily when you try to cut it. If the fish is firm, and almost chewy, it's not quite cooked enough. Remove to plates, sprinkle with parsley and mint and serve with lemon wedges.