

SWORDFISH SICILIANA

4 SWORDFISH STEAKS
2 ORANGES
1/2 CUP OF BREADCRUMBS
ITALIAN PARSLEY

SLICE THE ORANGES LENGTHWISE IN HALF THEN INTO HALF MOONS ABOUT 1/4 INCH THICK.

SPREAD THE BREAD CRUMBS ON A SHEET OF WAXED PAPER.

HEAT A LARGE FRYING PAN OVER MEDIUM HEAT FOR FIVE MINUTES. POUR IN ABOUT 1/3 CUP OF OLIVE OIL.

DRY THE SWORDFISH STEAKS WITH PAPER TOWELS, SALT AND PEPPER. DREDGE IN THE BREADCRUMBS.

WHEN THE OIL IS SMOKING, SLIDE THE SWORDFISH INTO THE PAN. COOK ABOUT 4 MINUTES A SIDE, DEPENDING ON THEIR THICKNESS. FISH IS DONE WHEN A SHARP KNIFE INSERTED IN THE CENTER FEELS WARM ON YOUR BOTTOM LIP. REMOVE FISH TO A WARM PLATE.

ADD THE ORANGE SLICES. COOK OVER HIGH HEAT FOR A FEW MINUTES. ADD 1/4 CUP OF WATER. CONTINUE TO COOK, SCRAPING UP THE BROWNEED BITS WITH A WOODEN SPOON. REDUCE UNTIL THERE IS ONLY A LITTLE LIQUID IN THE PAN.

TURN OFF THE HEAT. STIR IN 2 TBSPS OF BUTTER CUT INTO SMALL PIECES.

PLACE A SWORDFISH STEAK ON EACH PLATE. SPOON THE SAUCE AND ORANGES OVER THE FISH. GARNISH WITH ROUGHLY CHOPPED PARSLEY.

SERVES 4