

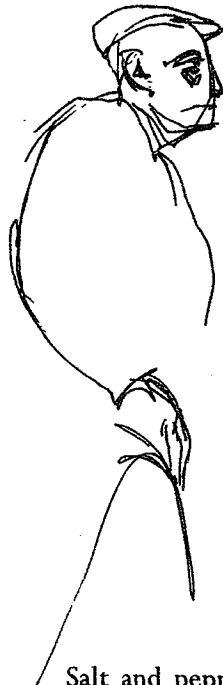
Calories	Cholesterol mg	Protein gm	Carbohydrate gm	Total fat gm	%	Sat fat gm	%	Mono gm	Poly gm
1365	374.0	135.9	27.6	77.6	50	15.2	10	32.7	12.5

## SWORDFISH MESSINA STYLE

### *Pesce Spada Messinese*

Serve this tasty dish with rice or boiled potatoes.

*Serves 2 or 3.*



- 1 swordfish steak, about 2 pounds, 3/4 inch thick
- Salt and freshly ground black pepper to taste
- Flour for dredging
- 3 tablespoons olive oil
- 1 tablespoon safflower oil
- 1 medium onion, thinly sliced
- 3 tablespoons finely chopped celery
- 1 teaspoon finely chopped garlic
- 2 cups seeded and chopped ripe tomatoes
- 6 green olives, pitted and sliced
- 5 dried black olives, pitted and sliced
- 1 teaspoon dried oregano
- 1 heaping tablespoon capers
- 1 tablespoon pine nuts
- 2 tablespoons yellow raisins, soaked in tepid water for 15 minutes
- 1 bay leaf

*Garnish:* Finely chopped Italian parsley

Salt and pepper the fish, then dust lightly with flour. Preheat oven to 450°. In the meantime, heat 2 tablespoons of the olive oil and the safflower oil in a medium skillet. When oil is hot, add fish and cook over high heat. Turn fish over carefully with a wide spatula. When both sides of fish are light brown, remove from skillet to a plate and keep warm. Pour the remaining 1 tablespoon olive oil into the skillet, add onion and celery. When onion begins to brown, add garlic and cook for several minutes. Add tomatoes and bring to a boil. Lower heat, add both olives, oregano, capers, pine nuts, and raisins (squeeze out all moisture first), cover, and simmer about 10 minutes.

After 10 minutes put fish in an ovenproof dish. Add bay leaf and pour the sauce over the fish. Cover the fish and bake about 10 minutes. Serve hot garnished with chopped parsley.

Calories	Cholesterol mg	Protein gm	Carbohydrate gm	Total fat gm	%	Sat fat gm	%	Mono gm	Poly gm
1931	495.0	185.5	75.5	99.4	45	15.3	7	47.0	13.5

Heat 1 tablesp  
medium skil  
olives. hot  
minutes, the  
remaining 3  
Put salt an  
with flour, a  
lemon juice.  
about 5 min

Calories	Cholesterol mg
1060	150



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grilling the f  
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