

Slow-Cooker Poached Swordfish With Papaya Salsa

 0 comments

MAIN COURSES

FISH & SEAFOOD

FRUIT

SLOW COOKER

A cookbook recipe exclusively for All-Access members from [The Complete Slow Cooker](#)

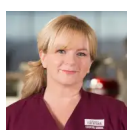
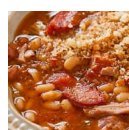
SERVES 4

TIME 1 to 2 hours on low

SLOW COOKER SIZE 4 to 7 quarts

WHY THIS RECIPE WORKS

Our method for poaching swordfish steaks in the slow cooker delivers moist and tender fish every time, and while the cooking time is short, it still allows you some hands-off time to organize the rest of your dinner or just relax. And there are many ways to dress up these hearty steaks. Here, going with an island theme, we opted for a bright papaya salsa with sweet fruit, hot jalapeño, bright cilantro, and tangy lime juice. *Read Less*



TRY THIS RECOMMENDED COOKING COURSE

Slow-Cooker Cassoulet

GATHER YOUR INGREDIENTS

- ☐ 1 lime, sliced $\frac{1}{4}$ inch thick, plus $\frac{1}{2}$ teaspoon grated lime zest plus 2 tablespoons juice
- ☐ 2 tablespoons minced fresh cilantro, stems reserved
- ☐ $\frac{1}{4}$ cup dry white wine
- ☐ 4 (6- to 8-ounce) skinless swordfish steaks, 1 to $1\frac{1}{2}$ inches thick
- ☐ Salt and pepper
- ☐ 1 papaya, peeled, seeded, and cut into $\frac{1}{2}$ -inch pieces
- ☐ 1 jalapeño chile, stemmed, seeded, and minced
- ☐ 1 tablespoon extra-virgin olive oil

[View Nutritional Information](#) 

KEY EQUIPMENT



Mixing Bowls



Slow Cookers



Best Chef's Knives



BEFORE YOU BEGIN

Look for swordfish steaks of similar thickness to ensure that they cook at the same rate. Halibut is a good substitute for swordfish. If your papaya is underripe, season the salsa with sugar to taste. You will need an oval slow cooker for this recipe. Check the swordfish's temperature after 1 hour of cooking and continue to monitor until it registers 140 degrees.

1

INSTRUCTIONS

1. Fold sheet of aluminum foil into 12 by 9-inch sling and press widthwise into slow cooker. Arrange lime slices in single layer in bottom of prepared slow cooker. Scatter cilantro stems over lime slices. Add wine to slow cooker, then add water until liquid level is even with lime slices (about $\frac{1}{4}$ cup). Season swordfish with salt and pepper and arrange in even layer on top of cilantro stems. Cover and cook until swordfish flakes apart when gently prodded with paring knife and registers 140 degrees, 1 to 2 hours on low.

2

Combine papaya, jalapeño, oil, and lime zest and juice in bowl. Season with salt and pepper to taste. Using sling, transfer swordfish to baking sheet. Gently lift and tilt steaks with spatula to remove cilantro stems and lime slices; transfer to serving dish. Discard poaching liquid and remove any white albumin from swordfish. Serve with salsa.

Preparing Papaya

RECOMMENDED READING



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MY RATING

