

Espadon Catalan (Catalan-Style Swordfish)

Serves 4

Ingredients:

4-5 oz. pc. Thick Swordfish Fillets
2 cups Herve Marinade

Preparation:

Marinate the swordfish steak for 45 minutes. Mark the swordfish on a hot grill. DO NOT OVER COOK! Serve with Catalan Sauce.

Catalan Sauce Ingredients:

4 Red Bell Pepper, medium dice
4 Green Bell Pepper, medium dice
4 Yellow Bell Pepper, medium dice
3 Tbsp. Olive Oil
3 cup Chicken Stock
3 Tbsp. Oyster Sauce
1/2 pc. Lemon Juice

Catalan Sauce Preparation:

Saute bell peppers separately in olive oil. Add one cup chicken stock and simmer for 10 minutes. Puree the sauce in a bar blender. Strain the sauce in chinois and season with the oyster sauce. Finish with the lemon juice.

Herves Marinade

1 Lemon skin

1 Lemon Juice 1 Orange skin

1 Orange Juice 1 cup Oyster Sauce 1/2 cup Soy Sauce 1 cup Shallots 1/2 cup Garlic

2 cups Red Wine

1 cup raspberry Vinegar

1/2 cup Herb de Provence

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