

Favorite Baked Swordfish

Ingredients

2 lbs Swordfish

Flour

4 tbsp Olive Oil

Fresh Rosemary Sprigs

1 Onion, sliced

2 tbsp Butter

Salt & pepper to taste

1 cup Heavy Cream

1 cup White Wine

3 Egg Yolks

Directions

Dust fish with flour and brush with olive oil. Spray a baking dish with non-stick cooking spray. Preheat oven to 425°.

Place rosemary sprigs evenly across bottom of baking dish. Top rosemary with the fish, then the onions. Pour 1/2 cup of wine over all and bake 8-10 minutes.

Remove the fish from the oven. Pour the baking liquids into a saucepan, just juices—not rosemary & onions. Bring to a boil. Add remaining wine. Cooking over low heat, gradually stir in the cream and the egg yolks. Cook and stir until well thickened & smooth. Place fish on serving platter and top with the sauce.

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