

Mediterranean Swordfish Wrapped in Prosciutto

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Ingredients

Olive oil
4 pounds swordfish, center eye loin
Salt and freshly ground black pepper
1/2 pound prosciutto slices
8 fresh thyme sprigs
2 oranges
1/4 cup golden raisins
2 fennel bulbs
1/2 cup whole Kalamata black olives, pitted
6 anchovy fillets, chopped
2 tablespoons red wine vinegar
1/4 cup olive oil
10 fresh basil leaves, cut into chiffonade
1 tablespoon fennel seed
1/4 pound arugula

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6 cherry tomatoes, halved

Directions

Preheat oven to 375 degrees F.

Lightly oil the swordfish all over and season generously with salt and pepper. Lay 15 pieces of prosciutto out flat on waxed paper, overlapping a bit, and place the swordfish loin on top. Roll the prosciutto around the circumference of the fish, to wrap it. Remove the waxed paper. Secure the swordfish roast with butcher's twine. Thread the thyme sprigs under the pieces of string. Coat a roasting pan with olive oil and set on 2 burners over high heat until almost smoking. Sear the swordfish on all sides until the prosciutto begins to crisp up, about 4 minutes per side. Transfer to the oven and bake for 30 minutes or until the fish is opaque and feels springy-firm when poked.

Using a paring knife, peel the oranges, removing all the white pith. Place a mixing bowl under the orange to catch the juice and cut between the membranes to release the segments; add to the bowl. Add the raisins to the oranges so they plump while preparing the rest of the dish. Trim the stalks from the fennel bulbs, reserving the fronds for garnish, and remove tough outer leaves. Cut the bulb in half lengthwise, trim the base, and cut out the core. Slice fennel into strips as thin as possible. Put the fennel slices in the bowl and add the olives, anchovies, vinegar, oil, basil, and fennel seeds. Season, to taste, with salt and pepper, toss gently to mix.

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