

Chef Sarah Heller, Estate Chef, Staglin Family Vineyard

Recipe: Grilled Swordfish with Fresh Corn Polenta, Cherry Tomatoes & Arugula

Serves 4

Ingredients:

2 large pieces of swordfish (or 4 if you prefer a large portion)

4 ears of yellow corn (use one ear per person if you are adjusting the recipe)

1 cup cherry tomatoes (cut in half and set aside)

2 cups arugula

1 whole lemon

Olive oil

Salt & pepper

Procedure:

Shuck four ears of corn and remove as much of the silk as possible. Holding the larger end of the corn grate on the large part of a box cheese grater until there is no corn pulp left and you have a milky corn puree. I suggest doing this over a deep metal bowl. Pour corn mixture on a small saucepot and add a pinch of salt, 2 tablespoons of olive oil and a few cracks of black pepper. Place saucepot on medium heat and stir continuously for 4-8 minutes or until thickened. Turn off the heat and hold pan with a lid on it.

Dry the swordfish completely with a paper towel or washable clean napkin. Season the swordfish with olive oil, salt and pepper. Heat your grill or grill pan on medium to high heat and clean the grates. Just as your pan or grill starts to smoke from the high heat you are going to add your fish to the pan and turn down the heat to medium. After 2 minutes flip fish and sear on opposite side. Flip and rotate a $\frac{1}{4}$ turn again after 2 minutes. Sear for 1 minute and flip one final time. Turn off the heat to the pan and let the fish rest.

Toss arugula with olive oil, salt and pepper and a squeeze of fresh lemon juice. Feel free to heavily season this with extra lemon and olive oil.

To finish: plate a dollop of corn on the center of the plate, add the fish on top of the corn and finish with a generous helping of arugula salad on top of the fish.