



Blackened Swordfish

Ingredients

- 1 1/2 teaspoons dried thyme
- 1 1/2 teaspoons dried marjoram
- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoons cayenne pepper
- 2 teaspoons salt
- 1 teaspoon black pepper, freshly ground
- 1/4 cup olive oil
- 4 6-ounce Florida swordfish steaks, 1 1/2 inches thick, skin removed

Preparation

Combine the herbs, cayenne, salt, and pepper in a medium mixing bowl. Heat an iron skillet over high heat 5 to 10 minutes until very hot. While pan is heating, brush the steaks on both sides with olive oil; pat herb mixture onto both sides of each steak. Place the steaks in the pan over high heat; cook for about 2 minutes. Turn steaks and cook for 2 to 6 minutes more, depending on thickness. (Note: May substitute commercially prepared blackening seasoning for spice mixture.)

Yield

4 servings



321-259-5958

Fax: 321-872-0434

461 N. Harbor City Blvd.
Melbourne, FL 32935

www.moonsamazingseafood.com
jay@moonseafood.com