



Grilled Swordfish with Caponata & Salsa Verde

Ingredients

4 X 180g slices of Swordfish

Caponata

3 Eggplants
1 Onion
6 Garlic cloves
5 Vine rippened Tomatoes
1/2 Bunch Basil
1/2 Bunch Parsley
1/2 cup Toasted Pinenuts
1/2 cup Tiny Capers
150ml Olive oil

Salsa Verde

2 Bunchs Parsley
2tbs Tiny Capers
1 Oritz Anchovie
70g Stale Sourdough Bread
1/2 Clove Garlic
1 Boiled Egg
1/2 Lemon
100ml Extra Virgin Olive Oil
50 ml Milk

Method

Dice the eggplant into 3cm cubes and deepfry untill dark golden brown. Place onto absorbent paper and set aside. Dice the onion into small dice & slice the garlic thinly. Pick all the leaves from the herbs and rince in a colonder. Blanch and deseed the tomatoes & chop into small dice. In a heavy based pot fry the herbs on a gentle heat to infuse oil, add the onions and garlic and continue to fry on low heat. When onion and garlic is soft add the toasted pinenuts followed by the rest of the ingredients. Check seasoning and put aside for use later.

Remove crusts from sourdough and dice into large pieces. Put into a bowl and soak the bread in the milk, and put aside to absorb milk and soften. Pick the leaves from the parsley and put in mortar or food processor. Bash or blitz the the parsley so it breaks down slightly with a little oil. Squeeze the milk out of the soaked bread and combine with the parsley anchovies and the capers, continue to bash or blitz the mixture but not to fine, some texture is good, you want the capers to have some shape. Finally grate the whites of the egg with a very fine grater or microplane and add the lemon juice and some seasoning if needed.

Recipe provided by [Le Kiosk](#)