

## Ingredients:

Two steak size pieces of wild caught, swordfish, approximately one pound in weight.  
1 tub of organic crimini mushrooms, or variety of your choice.  
1/8 stick of organic unsalted butter.  
Organic, garlic infused olive oil.  
Organic dried dill.

## For the peppercorn sauce:

½ pint of organic heavy whipping cream.  
Pepper mill with two tablespoons of whole peppercorns on the side.  
One teaspoon of organic, julienned, sundried tomatoes.  
Three medium, organic garlic cloves.  
¼ stick of organic unsalted butter.

## Preparation:

The first thing you have to do is marinate the swordfish for two hours before you intend to cook it. Any longer and the acid will overcook it, making it hard on the edges. Squeeze the juice from the two lemons through a strainer into a glass dish. Drop in the swordfish, coat, cover and place in the fridge.

Next, prep the crimini mushrooms.

Wash the mushrooms in filtered or bottled water, if possible and slice as shown in the photo.

Now make the sauce.

Heat a medium saucepan, add the butter and once it's melted, add the crushed garlic, mushrooms and julienned tomatoes, but only cook the mixture for about ninety seconds.

Pour in the ½ pint of heavy cream, crack in three twists of pepper and add the two tablespoons of peppercorns. Heat on high until the cream bubbles, stirring constantly. Turn it off, cover and now cook the fish.

## Cooking the fish:

Heat a skillet on high. Add the butter and enough garlic olive oil to cover the bottom of the pan, making sure the butter does not burn.

Carefully place in both pieces of swordfish and cook for two minutes. Do not move your fish around. Let it caramelize and form that nice, brown crust.

Using tongs and/or a spatula, carefully, gently, turn the fish over and cook for two more minutes, then one minute on each of the remaining uncooked sides. It will be medium rare, so if that's not your cup of tea, cook a little longer until you reach your

desired level of doneness. Remove and place on your cutting board, letting it rest for about a minute.

Scoop the mushrooms and peppercorn cream sauce onto the two plates, and gently place the fish on top. Yummy and delicious but sadly because of pollution, only eat swordfish twice a year.