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RECIPE: Summer Grilling with Sicilian Twist

Sicilian grilled Swordfish (for 4 servings)

4 swordfish steaks, about 6 oz each

4 oz extra virgin olive oil

Juice of 3 lemons or limes

3 cloves garlic, chopped

2 Tbs chopped Italian Parsley

1 tbs from fresh oregano leaves, coarsely chopped, or substitute 2 tsp dried oregano

Salt

Pepper

Heat the grill until it is quite hot

Brush the swordfish steaks on both sides with about one Tbs of the olive oil.

Whisk together the remaining olive oil, lime juice parsley and oregano with a generous pinch of salt

Grill the swordfish steaks until just done, about 5 minutes per side, depending on thickness. When done, remove them to a serving platter and prick them all over with a fork to allow the sauce to soak into the fish. Pour the olive oil mixture over the fish and serve with salt and pepper.

Pasta alla Norma (for 4 servings)

1 large eggplant, sliced crosswise into 1 inch slices

4-6 Tbs Olive oil

2 cloves of garlic, chopped

One large can of diced tomatoes

One bunch of fresh basil leaves

8 oz fresh ricotta or (better) ricotta salata, which can be found in fine cheese shops

One box of spaghetti, penne or other pasta of your choice

Salt

In a large pan, sauté the garlic in 2 Tbs of olive oil over medium heat until it just starts to brown. Add the tomatoes, season with salt and pepper and let the sauce simmer over low heat for about 30 minutes until it thickens slightly.

Sprinkle both sides of the eggplant slices with salt and place them in a colander to drain for about half an hour, while you heat your grill.

Rinse the eggplant quickly under running water just to remove any remaining salt. Pat the slices dry with paper towel and coat both sides with olive oil. Grill the eggplant slices for about 5 minutes on each side, until tender. All of these steps can be done in advance.

To finish the dish, cook the pasta according the manufacturer's instructions. If you made the sauce in advance, reheat it while the pasta is cooking. Once the pasta is done, drain it and place half in a heated serving bowl. Top with 1/3 of the sauce, 1/3 of the basil leaves and dot the surface with half of the cheese. Add the rest of the pasta the rest of the cheese another 1/3 of the basil. Top with the eggplant slices, the remaining sauce and garnish with the rest of the basil.