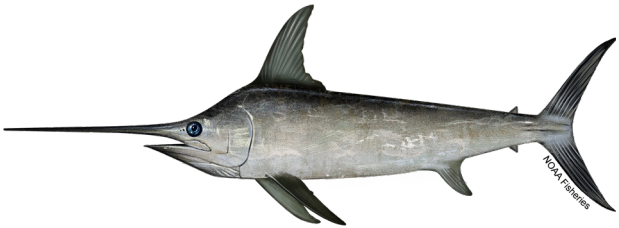
FISHWATCH® FRESH FACTS. SMART SEAFOOD.

PACIFIC SWORDFISH



U.S. wild-caught Pacific swordfish is a smart seafood choice because it is sustainably managed and responsibly harvested under U.S. regulations. Prized for its flavorful, steak-like meat, swordfish is found and harvested in temperate and tropical oceans around the world.

Swordfish is caught in U.S. commercial fisheries from the Pacific, the Atlantic, and the Gulf of Mexico. The United States also imports swordfish, mainly from Canada, Singapore, Panama, and Ecuador.

Swordfish is an excellent source of selenium, niacin, and vitamin B12 and a good source of zinc. Moms, moms-to-be, and young children should avoid eating swordfish because it may contain amounts of methylmercury above the FDA's recommended limit for this sensitive population.

Apricot-Glazed Swordfish

Ingredients:
5 4-ounce swordfish filets, skin off
1 cup apricot preserves
4 cups orange juice
2 teaspoons fresh ginger, minced
1 cinnamon stick
White pepper and salt, to taste
Olive oil, as needed

1. In a small saucepan over medium-high heat, mix the orange juice, ginger, and cinnamon stick. Reduce mixture by 70 percent. Whisk in the apricot preserves, making sure to melt out any lumps. Strain through a fine mesh sieve into a bowl and set aside.
2. Preheat the oven to 375 degrees Fahrenheit. Heat a large skillet over medium-high heat. Season swordfish filets on both sides with salt and white pepper. Add oil to the pan. When the pan generates a small amount of smoke, place the filets face side down into the pan. When the swordfish has achieved proper browning (approximately 1 minute), flip the filets over and continue to cook for 30 seconds.
3. Place the filets on a greased sheet pan face side up and liberally coat them with the apricot glaze. Place the swordfish in the oven to finish cooking. One minute before the grouper is finished, apply another coat of the apricot glaze and place the swordfish back in the oven until finished.

Recipe adapted from Chef Edwin French, North Carolina chef, 2005 Great American Seafood Cook-off.