

PORTUGUESE MOLHO PEIXE – Serves 2
Recipe provided by Chef Mike Melo, M & C Café

2 bunches scallions, bottoms and tops chopped and separated
1 lb. tomatoes, seeded and diced
4 cloves garlic, minced
2 red bell peppers or a combination of sweet and hot peppers to your desired level of heat
1 cup white wine
2 tbsp. olive oil
4 tbsps chopped fresh parsley
1 lb fresh fish (whole gutted such as whiting, or steaks cod, haddock, tautog, bass, mackerel, etc
salt and pepper to taste

heat a large sauté pan add olive oil, add scallion bottoms and garlic till softened, add peppers sauté 5 minutes add tomatoes sauté 5 minutes, add wine simmer 10 min. season with salt and pepper add scallion tops and parsley place fish in pan and cover 5-10 minutes depending on thickness of fish and serve.

This dish may be served over rice , couscous, sliced boiled potatoes, or even mashed potato depending on your preference

Step 7. In a large sauté pan add olive oil and heat on medium heat until the oil shimmers.
Step 8. Slowly slide medallions in the pan and cook until lightly brown on both sides.
Step 9. Remove swordfish from pan to a plate lined with a paper towel.
Step 10. Add lemon slices to pan, cook until lemon flesh started to dissolve. Deglaze pan with white wine and reserved chicken sauce.
Step 11. Add swordfish back to pan and simmer for 3 minutes. Place 2 medallions on each plate and top with lemon slices
Step 12. Add cooked pasta to sauce and warm through. Plate pasta next to swordfish and garnish with capers and chopped parsley.