

SWORDFISH PICCATA

Recipe provided by Chef Peter Doire, Legal Seafoods

Ingredients:

1 # swordfish – cut into 4 medallions
2 cups chicken stock
1/2 cup melted butter
1 cup flour
1 cup seasoned bread crumbs
2 eggs
1/2 cup olive oil
1/2 cup white wine
4 lemon slices 1/8inch thick
1 # cooked pasta (penne or spaghetti)
2 Tbsp capers
2 Tbsp chopped parsley

CHICKEN VELOUTE

Step 1. In a small sauce pot heat chicken stock to a simmer.

Step 2. In a small mixing bowl whisk together melted butter and 1/4 cup flour together until incorporated.

Step 3. Whisk flour mixture into simmering stock. Bring back to a simmer and cook for 5 minutes. Remove from heat and reserve.

BREADING STATION

Step 4. Setup a breading station in the following order:

- bowl 1 -- 3/4 cup of the flour
- bowl 2 -- 2 eggs well beaten
- bowl 3 -- seasoned bread crumbs.

A cookie sheet or plate after the last bowl.

Step 5. Bread swordfish medallions one at a time, dip in the flour, then egg, then breadcrumbs coating each completely. Place finished medallions on the cookie sheet or plate.

COOKED PASTA

Step 6. Cook pasta in boiling salted water until done. Drain and reserve.