

Swordfish steaks and sautéed potatoes with gremolata

Tranci di pesce spada con patate saltate e gremolata

I cooked this dish overlooking the beach at Pescoluse, on the Puglian coast. It's known as the Maldives of Salento and is a hidden paradise. I used swordfish, but tuna would work well too. Gremolata is a dressing of raw chopped garlic, parsley and lemon zest. It is usually sprinkled over meats, such as osso bucco or carpaccio, but it also makes a great garnish for grilled fish. Always make sure you buy swordfish from a sustainable source, from fisheries that have been certified by the Marine Stewardship Council (MSC).

Serves 4

1kg new potatoes, scrubbed

180ml olive oil

8 sprigs of fresh rosemary

6 garlic cloves, bruised with the back of a knife

4 x 175g swordfish steaks

For the gremolata

12 tablespoons chopped fresh flat-leaf parsley

2 large garlic cloves, peeled and finely chopped

1½ tablespoons capers, drained and roughly chopped

Juice and zest of 1 unwaxed lemon

100ml extra virgin olive oil

Salt

1. Bring a large pan of salted water to the boil and cook the potatoes for about 7 minutes then drain. When the potatoes are cool enough to handle, slice in half lengthways.

2. Meanwhile, make the gremolata. Put the parsley, garlic, capers and lemon juice and zest in a medium bowl. Pour in the oil and stir to combine. The mixture should have the texture of a wet pesto. Season with salt. Set aside.

3. Heat 90ml of the oil in a large, high-sided frying pan or sauté pan over a medium to high heat. When very hot, add half the potatoes, cut-side down. Fry for about 1 minute then add the rosemary and 4 of the garlic cloves. Fry the

potatoes for about 5 minutes each side or until golden and crisp. Transfer to kitchen paper to drain. Repeat with the remaining potatoes, topping up with more oil if needed. Keep warm.

4. Meanwhile, heat the remaining 90ml of the oil in a large, non-stick frying pan over a high heat. When hot, add the remaining 2 garlic cloves. Gently lay the swordfish steaks in the pan and fry for 2 minutes each side, or until the fish is just cooked through. Season with salt.

5. Divide the potatoes among 4 serving plates and place the swordfish alongside. Drizzle over the gremolata.

