

Seafood Safe Handling Tips

- When shopping, purchase seafood last and keep it cold during the trip home.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination.
- After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and hands with hot, soapy water.
- Always marinate seafood in the refrigerator. Discard used marinade as it contains raw juices which may harbor bacteria. When marinade is needed for basting, reserve a portion before adding raw seafood.

Buying and Storing Tips

- Meat should be firm with a fresh sea breeze aroma and no discoloration.
- Store fresh fish in the coldest part of the refrigerator at 32 degrees for up to two days.
- To freeze, wrap fish tightly to prevent freezer burn; date the package and store at 0 degrees for up to two months. Thaw in the refrigerator or under cold running water.

How Much to Buy

- Fillets ¼ to ⅓ pound per serving

Cooking Tips

- Cook fish at 400 degrees for 10 minutes per inch of thickness of the fillet or steak.
- Cook until meat is opaque and flakes easily with a fork. Cook thoroughly but do not over cook.
- To grill, use a grill basket to prevent the meat from falling through the grill.

Swordfish

Swordfish, (*Xiphias gladius*), are found in temperate and tropic waters worldwide including Florida's Gulf and Atlantic waters. They are referred to as billfish due to the sharp, double-edged sword-like projection of the upper jaw that may be up to one third of the fish's total length.

Today the swordfish fishery is closely monitored to prevent overfishing. In the last decade, the U.S. North Atlantic swordfish stock has become totally recovered thanks to our government and fishermen. The swordfish population will continue to be assessed every two years to insure sustainability at conservative harvest levels.

Nutritional Value Per Serving: For approximately 4 ounces (114 grams) of raw, edible portion: Calories 130, Calories From Fat 35, Total Fat 4g, Saturated Fat 1g, Trans Fatty Acid 0, Cholesterol 55mg, Sodium 105mg, Total Carbohydrates 0g, Protein 23g, Omega 3 Fatty Acid 0.83g.

Mislabeled seafood is illegal. If you believe a seafood product purchased from a seafood retail store or supermarket seafood counter is mislabeled, please contact the Florida Department of Agriculture and Consumer Services at (850) 617-7280.

For women of child-bearing age and small children there are health hazards associated with mercury in swordfish. For more information, go to the FDA food safety website www.fda.gov or the EPA website www.epa.gov/ost/fish.

Always ask for Florida seafood and look for the "Fresh From Florida" logo.

Bureau of Seafood and Aquaculture Marketing
FreshFromFlorida.com/Seafood

Seafood Recipes



Swordfish



Florida Department of
Agriculture and Consumer Services

FDACS-P-01442
Rev. 04-2016



FreshFromFlorida.com/Seafood



Seared Florida Swordfish Steaks with Arugula and Peach Salsa

Ingredients

- 2 Large peaches, pit removed and diced small
- 1 Lime, juiced
- ½ Red onion, diced small
- ¼ Cup cilantro, chopped
- 2 Tablespoons olive oil
- 4 6-ounce swordfish steaks
- 10 Ounces arugula
- 1 Lemon, juiced
- Sea salt and fresh ground pepper to taste

Preparation

In a small mixing bowl, combine diced peaches, lime juice, diced red onion, cilantro, and 1 teaspoon olive oil. Stir ingredients to combine. Taste salsa and adjust seasoning with salt and pepper. Keep refrigerated until use.

Preheat a large sauté pan over medium-high heat. Add 1 teaspoon of olive oil to the sauté pan. Lightly season both sides of the swordfish steaks with salt and pepper. Carefully add the seasoned swordfish steaks to the sauté pan and cook for about 3 minutes on each side or until swordfish is cooked throughout. Remove swordfish from pan and let drain on a paper towel.

In a medium-sized mixing bowl add the arugula, lemon juice and a drizzle of olive oil. Toss the arugula to coat and season lightly with salt and pepper.

To serve, place an even amount of arugula on each of the four plates. Place a swordfish steak on top of the arugula on each plate. Top the swordfish steaks with an even amount of peach salsa. Serve immediately.

Yield

4 servings



Florida Swordfish Sliders

Ingredients

- 2 Tablespoons low-fat mayonnaise
- ½ Lemon, juiced
- 2 Teaspoons blackened seasoning
- 4 3-ounce swordfish steaks, skinless
- 4 Leaves romaine lettuce leaves
- 1 Large tomato, sliced
- ½ Small red onion, sliced
- 4 Small rolls, toasted
- 4 Grape tomatoes, for garnish
- Oil for cooking

Preparation

In a small mixing bowl, combine mayonnaise, lemon juice, and 1 tablespoon of the blackened seasoning. Stir to combine and store in the refrigerator until needed. Preheat a medium-sized sauté pan over medium heat. Use 1 tablespoon of the blackened seasoning to season both sides of all four swordfish steaks. Add 1 tablespoon of oil to the preheated sauté pan. Carefully add the seasoned swordfish steaks to the sauté pan. Cook swordfish steaks for 2 or 3 minutes on both sides or until they are completely done. Remove swordfish steaks from pan and let them cool slightly on a paper towel. Make sliders by evenly layering the tomato, lettuce, and onion on each of the four rolls. Place the swordfish steaks on each of the buns and top with the mayonnaise sauce and roll top. Garnish each of the swordfish sliders with the grape tomatoes on a toothpick.

Yield

2 to 4 servings



Grilled Florida Swordfish with Mango Citrus Salsa

Ingredients

- 1 Cup pink grapefruit sections
- 1 Cup orange sections
- 1 Cup papaya cubes
- 1 Star fruit, diced
- 1 Cup mango cubes
- 1 Medium red onion, finely diced
- 1 Tablespoon fresh cilantro, chopped
- 1 Tablespoon mint, chopped
- 2 Tablespoons orange liqueur (optional)
- 4 6-ounce swordfish steaks, 1 ½ inch thick, skin removed
- 1 Tablespoon olive oil
- Sea salt and fresh ground pepper to taste
- Mint sprigs for garnish

Preparation

Make the Mango Citrus Salsa by combining all ingredients except swordfish, oil, salt and pepper in a medium bowl. Mix well and set aside to let flavors blend. Brush swordfish steaks with olive oil then season with salt and pepper to taste. Grill steaks over medium-high heat for 4 minutes per side or until cooked through. To serve, spoon the Mango Citrus Salsa over the swordfish steaks and garnish with mint sprigs.

Yield

4 servings