



National Fish & Chip Day 07.06.19

Recipe Ideas



Let's celebrate the nation's most popular dish.
#NationalFishandChipDay

OUR FEATURED FISH | *Swordfish*

Magnificent, large game fish found right across the world, they are extensively fished by longline. Swordfish has a meaty texture, and a mildly sweet flavor.

02SWO17E08 | SWORDFISH: SUPREME 170-200G (EACH)

Contact your account manager for more information.

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**NATIONAL
FISH & CHIP DAY**
FRYDAY 7 JUNE 2019

Sumac spiced breaded Swordfish steak,

served with a radish, spring onion and pomegranate salad, drizzled with pomegranate molasses and chips.

Swordfish traditionally is pan-fried or grilled. This recipe offers you a different method of preparation by cooking with a middle eastern influence. Use sumac with its tangy, lemony flavour, served with a crispy radish, spring onion and pomegranate salad, drizzled with the unusual, yet addictive, pomegranate molasses.

Prep Time: 10 mins Cooking Time: 6 mins Servings: 4 people

Ingredients

- 4 x Swordfish steaks (170-200g each)
- Sliced heritage radishes
- Pomegranate molasses sauce
- Pomegranate seeds
- Olive oil
- Spring onions
- Chips
- Panko breadcrumbs (100g)
- Sumac Spice (1g)
- Egg and milk, seasoned flour for pané



Instructions

1. Mix 1g of sumac spice with 100g of panko breadcrumbs.
2. Pass Swordfish steak through seasoned flour, beaten egg and milk and the sumac flavoured breadcrumbs.
3. Drop slowly into hot oil (185°). Cook for 4-6 minutes.
4. Prepare the radish, spring onion and pomegranate salad. Drizzle with the pomegranate molasses and olive oil.
5. Lift battered Swordfish onto a cooling rack to allow excess oil to drain.
6. Serve Swordfish with a radish, spring onion, pomegranate salad and chips.