

## **SWORDFISH SICILIAN STYLE**

(Involtini di Pesce Spada)

### **INGREDIENTS:**

Servings: 2 people

Fish stock:  
Butter 2 tsp  
Mire poix 350 g  
(i.e. carrots, celery, leek, onion)  
Fish heads, bones, tails 700 g  
Dry white wine 160 ml  
Bouquet garni of parsley, bay leaf, and thyme 2  
Juniper berries 2 tsp  
Whole black peppercorns 1 tsp  
Water 2 liters

Sauce:  
Spring onion 1  
Finely chopped, small garlic clove 1  
Fresh chopped Mediterranean herbs 15 g  
(parsley, mint, marjoram, basil, thyme)  
Butter 10 g  
Flour 10 g  
Bay leaf 1  
Fish stock 200 ml

Stuffing:  
Fresh chopped parsley 1 tbs  
Egg 1  
Dry breadcrumbs 1 tbs  
Grated Pecorino cheese 1 tsp  
Salt and white pepper to taste  
Nutmeg pinch  
Olive oil 2 tsp

Swordfish fillets 350 g  
White wine 80 ml  
Oil for frying

Servings: 4 people

Fish stock:  
Butter 2 tsp  
Mire poix 350 g  
(i.e. carrots, celery, leek, onion)  
Fish heads, bones, tails 700 g  
Dry white wine 160 ml  
Bouquet garni of parsley, bay leaf, and thyme 2  
Juniper berries 2 tsp  
Whole black peppercorns 1 tsp  
Water 2 liters

Sauce:  
Spring onions 2

Finely chopped, small garlic cloves	2
Fresh chopped Mediterranean herbs (parsley, mint, marjoram, basil, thyme)	25 g
Butter	20 g
Flour	20 g
Bay leaf	1
Fish stock	350 ml
Stuffing:	
Fresh chopped parsley	1 tbs
Eggs	2
Dry breadcrumbs	20 g
Grated Pecorino cheese	15 g
Salt and white pepper	to taste
Nutmeg	pinch
Olive oil	3 tsp
Swordfish fillets	700 g
White wine	160 ml
Oil	for frying

Servings: 6 people

Fish stock:	
Butter	2 tsp
Mire poix (i.e. carrots, celery, leek, onion)	350 g
Fish heads, bones, tails	700 g
Dry white wine	160 ml
Bouquet garni of parsley, bay leaf, and thyme	2
Juniper berries	2 tsp
Whole black peppercorns	1 tsp
Water	2 liters

Sauce:	
Spring onions	3
Finely chopped garlic cloves	2
Fresh chopped Mediterranean herbs (parsley, mint, marjoram, basil, thyme)	30 g
Butter	30 g
Flour	30 g
Bay leaves	2
Fish stock	500 ml

Stuffing:	
Fresh chopped parsley	1 tbs
Eggs	2
Dry breadcrumbs	30 g
Grated Pecorino cheese	20 g
Salt and white pepper	to taste
Nutmeg	pinch
Olive oil	1 tbs

Swordfish fillets	1 kg
White wine	240 ml
Oil	for frying

Servings: 8 people

Fish stock:	
Butter	2 tsp

Mire poix (i.e. carrots, celery, leek, onion)	350 g
Fish heads, bones, tails	700 g
Dry white wine	160 ml
Bouquet garni of parsley, bay leaf, and thyme	2
Juniper berries	2 tsp
Whole black peppercorns	1 tsp
Water	2 liters

Sauce:

Spring onions	4
Finely chopped garlic cloves	3
Fresh chopped Mediterranean herbs (parsley, mint, marjoram, basil, thyme)	40 g
Butter	40 g
Flour	40 g
Bay leaves	2
Fish stock	670 ml

Stuffing:

Fresh chopped parsley	2 tbs
Eggs	3
Dry breadcrumbs	35 g
Grated Pecorino cheese	30 g
Salt and white pepper	to taste
Nutmeg	pinch
Olive oil	2 tbs

Swordfish fillets	1 1/2 kg
White wine	320 ml
Oil	for frying

Servings: 10 people

Fish stock:

Butter	2 tsp
Mire poix (i.e. carrots, celery, leek, onion)	350 g
Fish heads, bones, tails	700 g
Dry white wine	160 ml
Bouquet garni of parsley, bay leaf, and thyme	2
Juniper berries	2 tsp
Whole black peppercorns	1 tsp
Water	2 liters

Sauce:

Spring onions	5
Finely chopped, small garlic cloves	4
Fresh chopped Mediterranean herbs (parsley, mint, marjoram, basil, thyme)	50 g
Butter	50 g
Flour	50 g
Bay leaves	3
Fish stock	835 ml

Stuffing:

Fresh chopped parsley	2 tbs
Eggs	4
Dry breadcrumbs	45 g
Grated Pecorino cheese	35 g
Salt and white pepper	to taste

Nutmeg	pinch
Olive oil	2 tbs
Swordfish fillets	1 3/4 kg
White wine	400 ml
Oil	for frying

Servings: 12 people

Fish stock:	
Butter	2 tsp
Mire poix (i.e. carrots, celery, leek, onion)	350 g
Fish heads, bones, tails	700 g
Dry white wine	160 ml
Bouquet garni of parsley, bay leaf, and thyme	2
Juniper berries	2 tsp
Whole black peppercorns	1 tsp
Water	2 liters

Sauce:	
Spring onions	6
Finely chopped garlic cloves	4
Fresh chopped Mediterranean herbs (parsley, mint, marjoram, basil, thyme)	60 g
Butter	60 g
Flour	60 g
Bay leaves	3
Fish stock	1 liter

Stuffing:	
Fresh chopped parsley	3 tbs
Eggs	4
Dry breadcrumbs	60 g
Grated Pecorino cheese	40 g
Salt and white pepper	to taste
Nutmeg	pinch
Olive oil	2 tbs

Swordfish fillets	2 kg
White wine	480 ml
Oil	for frying

**TOOLS:**

Bowls  
Spoon  
Chef's knife  
Cutting board  
Skillet  
Spatula  
Wooden skewers

**PREPARATION:**

Prepare the fish stock:

This will yield 2 liters. You will need 350 ml for this recipe. Unused stock can be frozen and used later. Clean the fish. Melt the butter in a stockpot and sauté the vegetables for 5 minutes. Add all the fish parts and continue to cook for 5 minutes. Add the wine, water, and spices. Bring to a boil, partially cover, and simmer for 30 minutes. Strain through a fine sieve.

Prepare the sauce:

Chop the spring onion and combine it with the herbs and garlic. Melt the butter in a saucepan over medium heat. Add the flour and mix until it leaves the sides of the pan. Gradually add the fish stock and bay leaf/leaves, while whisking, until it reaches a yogurt-like consistency. Remove the bay leaf. Only add the herb mixture just before you use the Béchamel. Set it aside until then.

Prepare the stuffing:

Combine all the stuffing ingredients and *mix well until a thick paste is formed*.

Slice the fillets and trim them into rectangles. *Place a spoonful of stuffing in the lower third of each piece* and roll up. Continue to do this until all the fish is used. Place three pieces on each skewer. Pour the oil in a skillet over moderate-high heat. *Fry the fish* for two minutes, loosening it with a spatula so it does not stick, turning once. Add the wine and cook for an additional 2-3 minutes.

Transfer the fish to a warm serving plate. Pour the Béchamel into the pan and mix with the pan liquids. Add more wine if it is still too thick. Spoon over the fish and garnish with additional spring onions if desired.

This dish comes from the *Ristorante La Fontaine*.