

PESCE SPADA ALLA GHIOTTA

(Swordfish with Olives and Capers)

SERVES 4

This dish, based on one from the book *My Calabria*, matches meaty swordfish steaks with a rustic, briny sauce of tomatoes, olives, and capers.

- 4 swordfish steaks (about 6 oz. each and $\frac{3}{8}$ " thick), skin removed**
- Kosher salt and freshly ground black pepper, to taste**
- $\frac{1}{4}$ cup extra-virgin olive oil**
- 2 cloves garlic, thinly sliced**
- 2 cups whole peeled canned tomatoes, drained and minced**
- $\frac{1}{2}$ cup large green olives, such as cerignola, pitted and roughly chopped**
- 3 tbsp. salt-packed capers, soaked and drained**
- $\frac{1}{4}$ tsp. crushed red chile flakes**
- 2 tbsp. roughly chopped flat-leaf parsley**
- 1 tbsp. fresh lemon juice**

① Season swordfish with salt and pepper. Heat oil in a 12" skillet over high heat. Working in two batches, add swordfish and cook, flipping once, until golden brown and medium rare, about 3 minutes. Transfer swordfish to a plate, leaving oil in skillet.

② Reduce heat to medium; add garlic and cook, stirring, until soft, about 3 minutes. Add tomatoes, olives, capers, and chile flakes and cook, stirring, until tomatoes soften and release some of their juices, about 5 minutes. Return swordfish steaks to skillet, nestling them in the sauce, and add parsley and lemon juice; cook until fish is cooked through. To serve, transfer swordfish to a platter and spoon sauce over top.