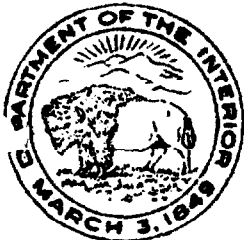office 11/12

DEPARTMENT OF THE INTERIOR
INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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SWORDFISH--A TREAT FROM THE SEA

Swordfish, an outstanding steak fish, is in good supply and moderately priced this winter, according to reports from the Fish and Wildlife Service.

Cruising in offshore waters, American swordfishermen capture their prey individually with harpoons. The harpooner approaches quietly, hurls his spear into the swordfish which may weigh anywhere from 100 to 1000 pounds and then tosses overboard a buoy attached by a rope to the harpoon. The swordfish fights against the pull of the buoy, trying to lose his burden in the depth of the sea. After the great fish has spent his energy, the swordfisherman returns to the buoy and hauls the exhausted fish from the water.

Thick steaks, entirely free from bones, are cut from these large fish. Broiling is the favorite method of preparing these steaks. Baking and frying are also popular. When cooked, swordfish has a rich, indescribable flavor which differentiates it from any other fish.

Here's a gourmet's recipe for this delicious steak fish recommended by the home economists of the Fish and Wildlife Service.

BROILED SWORDFISH STEAKS

    2 pounds swordfish steaks
    1 teaspoon salt
    Dash pepper
    ¼ cup butter or other fat, melted.

Cut fish into serving size portions. Sprinkle both sides with salt and pepper. Place fish on a preheated, greased broiler pan about two inches from the heat and brush with butter. Broil from five to eight minutes or until slightly brown, baste with butter and turn carefully. Brush other side with butter and cook five to eight minutes or until fish flakes easily when tested with a fork. Remove to hot platter. Garnish. Serve immediately, with a brown butter sauce. Serves six.

BROWN BUTTER SAUCE

    ¼ cup butter
    2 tablespoons lemon juice
    Chopped parsley

Melt butter in a small saucepan and heat until light brown. Remove from heat. Add lemon juice and parsley. Serve immediately.

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