



From Our Boats To Your Table!

## Grilled Swordfish with Cucumber Sauce

Serves 4

### Ingredients

- 1/2 cucumber - peeled, seeded, and minced
- 1/2 cup sour cream
- 1-1/2 teaspoons lemon juice
- 1/2 teaspoon lemon zest
- salt to taste
  
- 1 tablespoon olive oil
- 1/4 cup minced onion
- 1 clove garlic, minced
- 1/2 cup tomato-based chili sauce
- 1 tablespoon apple cider vinegar
- 1 teaspoon Worcestershire sauce
- 1/8 teaspoon ground black pepper
  
- 1 pound swordfish steaks, cut 1 1/2-inches thick
- 1 teaspoon olive oil
- 1/2 lemon, thinly sliced

### Cook the fish

1. Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
2. Stir the cucumber, sour cream, lemon juice, and lemon zest in a small bowl until combined. Season to taste with salt, and refrigerate until ready to serve. Heat 2 tablespoons of olive oil in a skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Pour in the chili sauce, vinegar, and Worcestershire sauce. Bring to a simmer and cook 5 minutes to blend the flavors. Season with black pepper, and remove from the heat.
3. Brush the swordfish steaks on all sides with the 2 teaspoons of olive oil. Cook on the preheated grill until the fish is no longer translucent in the center, and easily flakes with a fork, about 3 minutes per side. Baste with the chili sauce while grilling. Serve the swordfish with lemon slices and the cucumber sauce.