Seared Swordfish with a Lemon and Wine Rosemary Sauce

Ingredients:

- 1.5 lb swordfish steak, rinsed and patted dry
- 1 tbsp fresh rosemary, finely chopped
- 1 tsp fresh thyme, chopped
- 1/2 lemon, juiced
- 1 tbsp olive oil
- 1/4 cup of white wine, such as Pinot Grigio
- 1 tbsp unsalted butter
- 1 clove of garlic, minced
- pinch of salt
- pinch of cracked black pepper

- Start by seasoning your swordfish with salt, pepper, rosemary and thyme. Push it gently into the fish.

- Heat your large skillet on medium to high heat. Add in the oil and get it nice and hot, until it shimmers.

- Carefully add in the swordfish and sear for about 7 minutes, or so, on each side. Your internal temperature of the thickest part of the fish should be around 135-140 degrees.

- Right before you pull the fish, add the butter to the skillet. It will immediately begin to sizzle, so add in the white wine as well. Then add the lemon juice, and garlic. Let the sauce reduce with the fish for a few minutes,

- Plate the fish, then pour the sauce around the perimeter of the fish. Garnish with a lemon, and sprinkle a bit more of fresh rosemary, thyme, or cut up chives.

- The result is a truly great piece of fish that had this dark brown wine sauce that went perfect with the lemon, rosemary, and thyme. If you are looking for a new fish recipe, give this one a shot.