

Exotic Swordfish and Vegetable Skewers

They are auspicious and delicious and will tantalize your taste buds

SERVES: 4-6
 PREP TIME: 10 minutes
 COOKING TIME: 5 minutes
 TOTAL TIME: 15 minutes + 1 ½ hour rest/marinate time

INGREDIENTS

- 1½-2 lbs. swordfish, cut into 1" pieces
- 12 wooden (pre-soak 30 minutes) or metal skewers
- MARINADE:** Yield 1 cup
 - 6 Tbsp. rice wine vinegar
 - 2 tsp. balsamic vinegar
 - 2 large orange, 2 tsp. orange zest + 6 Tbsp. orange juice
 - 4 Tbsp. GC Napa Valley Natural Jalapeño Olive Oil or Savory Extra Virgin Olive Oil
 - 2 tsp. GC Napa Valley Natural Wild Fennel Finishing Sea Salt
 - 2 tsp. GC Napa Valley Natural Olive Spice Blend
 - 1 tsp. GC Napa Valley Natural Sage Green Peppercorn
- DIPPING SAUCE:** 1 ripe avocado + water as needed



VEGETABLES

- 2 red bell peppers, cut into 1" x 1" pieces
- 2 medium yellow squash, cut into 1" thick rounds, then halved
- 1 medium red onion, quartered and separated into pieces

TO PREPARE

- Whisk marinade ingredients in a small bowl. Divide marinade in half. Use half as a marinade and to baste swordfish on grill. Use other half to make a dipping sauce: In a blender add marinade, ripe avocado and puree. Add water as needed.
- Brush marinade liberally on both sides of the swordfish and let marinate for 30 minutes or longer.
- Place vegetables in separate bowls, drizzle with the marinade to lightly coat.
- Preheat grill to medium to medium-high heat. Thread swordfish and vegetables onto skewers. Grill skewers 4-5 minutes, turning occasionally and basting with marinade and grill until desired doneness.

TO SERVE

Place swordfish skewers on a platter with small bowl of dipping sauce.

WINE PAIRING

2014 Pietro Family Cellars Sauvignon Blanc, Napa Valley
 The fruit expression is delicate with rich citrus flavors and beautiful acidity that lends to purely complement the succulent swordfish.



SHOPPING LIST

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| <ul style="list-style-type: none"> 1½-2 lbs. swordfish 1 bottle rice wine vinegar 1 bottle balsamic vinegar, quality brand 2 large oranges 1 ripe avocado 2 red bell peppers 2 yellow squash | <ul style="list-style-type: none"> 2 red bell peppers 2 yellow squash 1 medium red onion 12 wooden or metal skewers <p>FROM PREVIOUS SHIPMENTS</p> <ul style="list-style-type: none"> GC Napa Valley Natural Jalapeno Olive Oil GC Napa Valley Natural Wild Fennel Finishing Sea Salt |
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MORE RECIPES & WINE COUNTRY FOODIE CLUB INFORMATION

As a Wine Country Foodie member, you enjoy our Napa Valley Estate Garden and Vineyard to your doorstep. Experience artisanal gourmet GC Napa Valley products and recipes with wine pairings.

www.oconnellfamilywines.com