



Hot Smoked Swordfish with White Clam-Garlic-Parsley Sauce

 Gluten Free

READY IN



935 min.

SERVINGS



6

CALORIES



305 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons peppercorns black
- 2 tablespoons canola oil
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- 1 swordfish loin skinless 4-inch-thick chunk
- 2 tablespoons flat-leaf parsley fresh finely chopped for garnish plus a handful leaves
- 3 cloves garlic with a little salt mashed
- 1 cup kosher salt

- 1 lemon zest
- 24 littleneck clams
- 6 servings salt and pepper black freshly ground
- 1 small serrano chile diced finely
- 1 cup sugar
- 1 tablespoon butter unsalted cold
- 1 cup white wine

Equipment

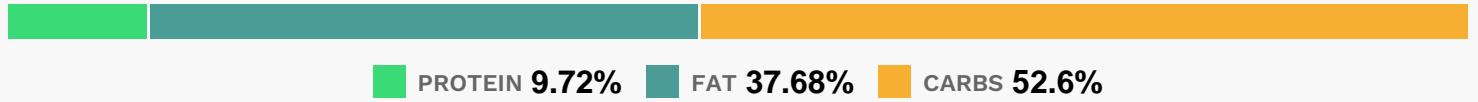
- frying pan
- sauce pan
- pot

Directions

- Watch how to make this recipe.
- For the swordfish: Stir together 8 cups water, the salt, sugar and peppercorns in a deep pot. Bring to a boil just to dissolve the salt and sugar; cool completely. Submerge the swordfish in the brine. Refrigerate for 12 hours.
- Remove the swordfish from the brine and rinse well under cold water. Pat dry and allow to air dry for at least 1 hour. The exterior of the fish should feel sticky to the touch before smoking.
- Prepare a smoker with maplewood chips and to an internal temperature of 200 to 225 degrees F.
- Brush the fish very lightly with canola oil and sprinkle with salt and pepper. Smoke the fish for about 2 hours, adding chips through the first hour as necessary. You can keep adding chips the second hour if you prefer a much smokier flavor.
- Transfer the smoked fish to a large platter.
- Remove the meat from half the clams and chop roughly.
- Heat the canola oil in a medium saucepan over high heat.
- Add the garlic and chile and cook for a few seconds.
- Add the chopped clams and cook, stirring, for another minute.

- Add the wine, bring to a simmer and cook until reduced by half.
- Add the whole clams, cover the saucepan and cook, shaking the pan occasionally, until the clams open, 5 to 10 minutes. Stir in the butter.
- Remove from the heat and stir in the chopped parsley and lemon zest. Taste, and season with salt and pepper.
- Pour the sauce over and around the smoked swordfish, and scatter the parsley leaves on top.

Nutrition Facts



Properties

Glycemic Index:39.68, Glycemic Load:24.08, Inflammation Score:-4, Nutrition Score:8.3991303800241%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 305.22kcal (15.26%), Fat: 11.96g (18.39%), Saturated Fat: 2.1g (13.14%), Carbohydrates: 37.54g (12.51%), Net Carbohydrates: 36.46g (13.26%), Sugar: 33.78g (37.53%), Cholesterol: 20.97mg (6.99%), Sodium: 18881.06mg (820.92%), Alcohol: 4.12g (100%), Alcohol %: 3.12% (100%), Protein: 6.94g (13.88%), Vitamin K: 34.83µg (33.17%), Manganese: 0.58mg (28.79%), Vitamin B12: 1.26µg (21.07%), Vitamin E: 1.91mg (12.71%), Vitamin B3: 1.99mg (9.94%), Vitamin B6: 0.19mg (9.3%), Iron: 1.58mg (8.75%), Phosphorus: 80.5mg (8.05%), Selenium: 5.54µg (7.91%), Vitamin B2: 0.11mg (6.73%), Copper: 0.12mg (5.81%), Zinc: 0.84mg (5.6%), Vitamin C: 3.98mg (4.82%), Potassium: 168.72mg (4.82%), Magnesium: 18.51mg (4.63%), Vitamin A: 224.62IU (4.49%), Fiber: 1.09g (4.35%), Calcium: 41.68mg (4.17%), Vitamin B1: 0.06mg (4%), Vitamin B5: 0.25mg (2.48%), Folate: 5.44µg (1.36%)