



Oil-Poached Swordfish with White Corn, Guanciale and Chive Oil

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



810 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 5 medium ears corn white husked
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh
- ☐ 4 garlic clove minced crushed peeled
- ☐ 1 cup seasoning cubes italian (bacon)
- ☐ 1 optional: lemon thinly sliced

- ☐ 4 cups olive oil extra virgin extra-virgin
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 1 large rosemary leaves fresh
- ☐ 4 servings sea salt fine
- ☐ 1 tablespoon shallots minced
- ☐ 24 ounce equal sizes of swordfish

Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ tongs

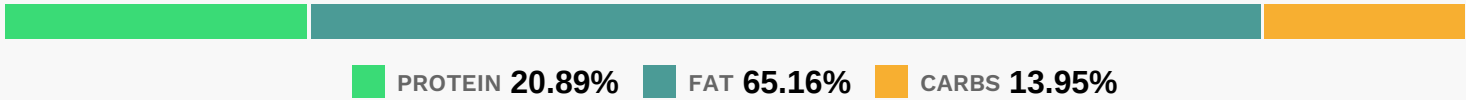
Directions

- ☐ Combine oil and chives in blender and puree until smooth. Season chive oil to taste with salt and pepper.
- ☐ Cook corn in large pot of boiling salted water until just tender, about 8 minutes. Using tongs, remove corn from cooking liquid.
- ☐ Place on plate; reserve 1/2 cup corn cooking liquid.
- ☐ Cut corn kernels from cobs and reserve 4 cups (save remaining corn for another use).
- ☐ Preheat oven to 350°F.
- ☐ Combine oil, lemon, crushed garlic, and rosemary in medium ovenproof pot. Attach deep-fry thermometer to side of pot; heat oil to 150°F. Carefully lower swordfish into oil.
- ☐ Transfer pot to oven; poach fish uncovered until just firm to touch, about 15 minutes.
- ☐ Meanwhile, heat large nonstick skillet over medium heat.
- ☐ Add guanciale; sauté until almost crisp, 2 to 3 minutes.
- ☐ Add minced garlic and shallot; sauté until soft but not brown, about 3 minutes. Stir in reserved 4 cups corn and crushed red pepper.
- ☐ Add butter and 2 tablespoons reserved corn cooking liquid; stir until mixture is moist and creamy, adding more cooking liquid by tablespoonfuls if dry, about 5 minutes. Stir in chives

and thyme.Season with sea salt and pepper.

- ☐ Divide corn among 4 shallow bowls.Top each with swordfish steak.
- ☐ Sprinklewith sea salt; drizzle with chive oil.
- ☐ An aromatic, medium-bodiedwhite—like the Alois Lageder 2009"Vogelmaier" Moscato Giallo (Italy, \$29)—would be perfect.

Nutrition Facts



Properties

Glycemic Index:56.38, Glycemic Load:0.93, Inflammation Score:-10, Nutrition Score:33.974782363228%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 810.16kcal (40.51%), Fat: 60.31g (92.79%), Saturated Fat: 10.94g (68.4%), Carbohydrates: 29.07g (9.69%), Net Carbohydrates: 25.13g (9.14%), Sugar: 9.46g (10.51%), Cholesterol: 135.06mg (45.02%), Sodium: 755.4mg (32.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.5g (87%), Vitamin D: 23.64µg (157.62%), Selenium: 99.12µg (141.59%), Vitamin B3: 15.61mg (78.06%), Vitamin E: 10.06mg (67.1%), Vitamin B6: 1.13mg (56.46%), Phosphorus: 562.86mg (56.29%), Vitamin B12: 2.9µg (48.29%), Vitamin C: 27.85mg (33.75%), Potassium: 1140.73mg (32.59%), Vitamin K: 30.6µg (29.14%), Magnesium: 104.42mg (26.1%), Vitamin B1: 0.35mg (23.13%), Manganese: 0.34mg (16.96%), Vitamin A: 840.31IU (16.81%), Vitamin B5: 1.61mg (16.08%), Folate: 63.74µg (15.94%), Fiber: 3.94g (15.76%), Iron: 2.41mg (13.4%), Zinc: 1.84mg (12.25%), Vitamin B2: 0.19mg (10.92%), Copper: 0.17mg (8.72%), Calcium: 36.73mg (3.67%)