









## Seafood Safe Handling Tips

-  Purchase seafood last and keep it cold during the trip home.
-  Keep raw and cooked seafood separate to prevent bacterial cross-contamination.
-  After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and hands with hot soapy water.
-  Always marinate seafood in the refrigerator. Discard used marinade as it contains raw juices which may harbor bacteria. When marinade is needed for basting, reserve a portion before adding raw seafood.




## Buying and Storing Tips

-  Meat should be firm with a fresh sea breeze aroma and no discoloration.
-  Store fresh fish in the coldest part of the refrigerator at 32° F for up to 2 days.
-  To freeze, wrap fish tightly to prevent freezer burn; date the package and store at 0° F for up to 2 months. Thaw in the refrigerator or under cold running water.

## How Much to Buy

-  Fillets 1/4 to 1/3 pound per serving

## Cooking Tips

-  Cook fish at 400° F. for 10 minutes per inch of thickness of the fillet or steak.
-  Cook until meat is opaque and flakes easily with a fork. Cook thoroughly but do not over cook.
-  To grill, use a grill basket to prevent the meat from falling through the grill.

## Swordfish

Swordfish, (*Xiphias gladius*), are found in temperate and tropic waters worldwide including Florida's Gulf and Atlantic waters. They are referred to as billfish due to the sharp, double-edged sword-like projection of the upper jaw that may be up to one third of the fish's total length. The body coloring varies from a deep brown to black on the back and upper body fading to almost white on the sides and lower body. The distinguishing back dorsal fin and the broad tail are both crescent shaped. Adult swordfish have neither teeth nor scales.

Swordfish are lone swimmers that forage over great depths and distances feeding on a variety of fish, crustaceans and squid. They are large, aggressive fish sometimes reaching 14 feet in length and a weight of 1,200 pounds. Swordfish are impressive jumpers and powerful fighters. They have been known to pierce the sides and planks of ships with their swords when caught. In recent years, the United States fishery uses pelagic longline (PLL) gear with circle hooks to catch swordfish most successfully. Circle hooks greatly reduce by-catch and improve survival of remaining by-catch.

Today the swordfish fishery is closely monitored to prevent overfishing. In the last decade, the U.S. North Atlantic swordfish stock has become a totally recovered fishery thanks to our government and fishermen. Management measures implemented by the United States have effectively reduced juvenile harvest and associated by-catch. The swordfish population will continue to be assessed every two years to insure sustainability of the fishery at conservative harvest levels.

These efforts by the U.S. swordfish fishery have made it the leader worldwide in swordfish conservation and sustainable fishing practices in the Atlantic Ocean and Gulf of Mexico. It is one of the most environmentally responsible longline fisheries and using these management measures it is helping to maintain a positive ocean environment for all marine life.

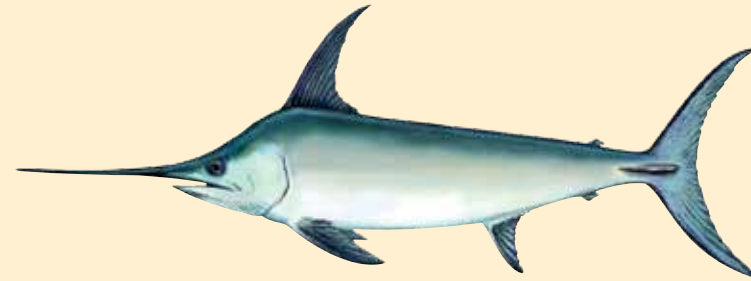
**Characteristics:** The extra-lean, light meat is firm and dense with a slightly sweet, full flavor.

**Substitutes:** Yellowfin tuna, king mackerel and shark.

**Nutritional Value Per Serving:** For approximately 4 ounces (114 grams) of raw, edible portion: Calories 130, Calories From Fat 35, Total Fat 4g, Saturated Fat 1g, Trans Fatty Acid 0, Cholesterol 55mg, Sodium 105mg, Total Carbohydrates 0g, Protein 23g, Omega 3 Fatty Acid 0.83g.

**Mislabeled seafood is illegal.** If you believe a seafood product purchased from a seafood retail store or supermarket seafood counter is mislabeled, please contact the Florida Department of Agriculture and Consumer Services, Division of Food Safety at 850-245-5520. If purchased at a restaurant, please contact the Florida Department of Business and Professional Regulation at 850-487-1395.

**For women of child-bearing age and small children there are health hazards associated with mercury in swordfish.** For more information, go to the FDA food safety website [www.cfsan.fda.gov](http://www.cfsan.fda.gov) or the EPA website [www.epa.gov/ost/fish](http://www.epa.gov/ost/fish).



Always ask for Florida seafood and look for the "Fresh From Florida" or "From Florida" logos on signs, brochures and packaging in your supermarket or seafood market. Florida's seafood industry is dedicated to supplying wholesome, nourishing and affordable seafood products. "Fresh From Florida" seafood information, recipes and brochures can be found at [FL-Seafood.com](http://FL-Seafood.com).

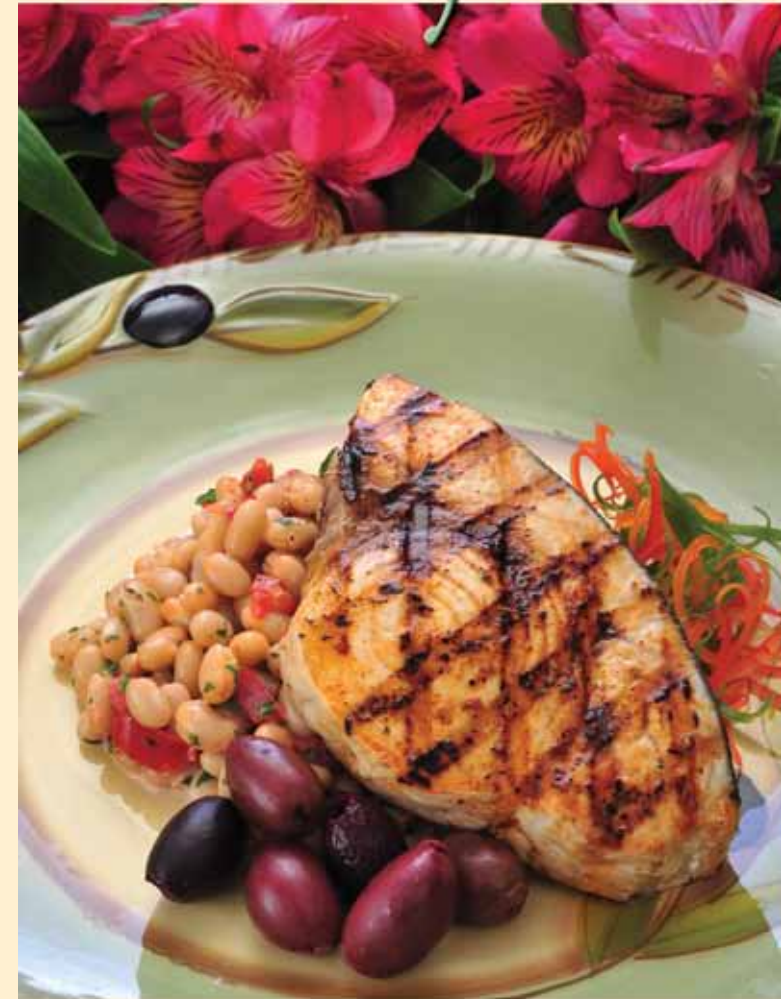


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FLORIDA SEAFOOD  
Recipes

## Swordfish



[FL-SEAFOOD.COM](http://FL-SEAFOOD.COM)  
Florida Department of Agriculture and Consumer Services

# Grilled Swordfish with Mango Citrus Salsa



- 1 cup Florida pink grapefruit sections
- 1 cup Florida orange sections
- 1 cup Florida papaya cubes
- 1 Florida star fruit, diced
- 1 cup Florida mango cubes
- 1 medium Florida red onion, finely diced
- 1 tablespoon fresh Florida cilantro, chopped
- 1 tablespoon Florida mint, chopped
- 2 tablespoons orange liqueur (optional)
- 4 6-oz Florida swordfish steaks, 1 1/2 inch thick, skin removed
- 1 tablespoon olive oil
- sea salt
- black pepper
- Florida mint sprigs for garnish

Make the Mango Citrus Salsa by combining all ingredients except swordfish, oil, salt and pepper in a medium bowl. Mix well and

set aside to let flavors blend. Brush swordfish steaks with olive oil then season with salt and pepper to taste. Grill steaks over medium-high heat for 4 minutes per side or until cooked through. To serve, spoon the Mango Citrus Salsa over the swordfish steaks and garnish with mint sprigs.

Yield: 4 servings

Nutritional Value Per Serving: Calories 333, Calories from Fat 95, Total Fat 11g, Saturated Fat 2g, Trans Fatty Acid 0, Cholesterol 66mg, Total Carbohydrates 24g, Protein 35g, Omega 3 Fatty Acid 1.44g

# Pecan Crusted Swordfish

- 1/2 cup flour
- 3 tablespoons fresh Florida Italian parsley, chopped
- 1/4 teaspoon Florida garlic, minced
- 1/4 teaspoon dried ancho chile powder
- salt, to taste
- freshly ground black pepper, to taste
- 1 egg, beaten
- 1 cup chopped Florida pecans
- 4 6-ounce Florida swordfish steaks, 1 1/2 inch thick, skin removed
- 2 tablespoons olive oil
- 1 tablespoon butter
- Florida lemon wedges



Preheat the oven 375° F. Combine the flour, parsley and seasonings in a flat pie pan. Place beaten egg and pecans in separate flat pans. Dredge the steaks in the seasoned flour; then dip into beaten egg and coat with the pecans on all sides. Set aside. In a large skillet over medium heat, heat the oil and butter. When hot, add the fillets and sauté for 2 minutes per side. Transfer the fillets to a baking sheet and bake for 10 minutes until opaque in center. Serve with lemon wedges.

Makes 4 servings

Nutritional Value Per Serving: Calories 549, Calories from Fat 334, Total Fat 38g, Saturated Fat 7g, Trans Fatty Acid 0, Cholesterol 128mg, Total Carbohydrates 15g, Protein 39g, Omega 3 Fatty Acid 1.41g

# Blackened Swordfish Steaks



- 1 1/2 teaspoons dried thyme
- 1 1/2 teaspoons dried marjoram
- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoon cayenne pepper
- 2 teaspoons salt
- 1 teaspoon black pepper, freshly ground
- 1/4 cup olive oil
- 4 6-ounce Florida swordfish steaks, 1 1/2 inch thick, skin removed

Combine the herbs, cayenne, salt, and pepper in a medium mixing bowl. Heat an iron skillet over high heat 5 to 10 minutes until very hot. While pan is heating, brush the steaks on both sides with olive oil; pat herb mixture onto both sides of each steak. Place the steaks in the pan over high heat; cook for about 2 minutes. Turn steaks and cook for 2 to 6 minutes

more, depending on thickness. (Note: May substitute commercially prepared blackening seasoning for spice mixture.)

Yield: 4 servings

Nutritional Value Per Serving: Calories 332, Calories from Fat 183, Total Fat 21g, Saturated Fat 4g, Trans Fatty Acid 0, Cholesterol 66mg, Total Carbohydrates 1g, Protein 34g, Omega 3 Fatty Acid 1.43g

# Swordfish with Lemon Caper Sauce

- 4 tablespoons butter
- 1 small clove Florida garlic, finely minced
- 2 tablespoons Florida lemon juice
- 1 teaspoon lemon zest
- 2 teaspoon capers, drained, rinsed and chopped
- 1/2 cup heavy cream
- 4 6-ounce Florida swordfish steaks, 1 1/2 inch thick, skin removed
- 1 tablespoon olive oil
- 1 tablespoon seafood seasoning
- 1 teaspoon fresh chopped Florida parsley
- salt and pepper to taste



Preheat broiler. Oil the rack of a broiler pan and place in the oven. In a small skillet over low heat, melt butter; add garlic, lemon juice, zest, and capers. Simmer for 30 seconds. Remove from heat. Slowly whisk in heavy cream and set aside. Brush steaks with olive oil; sprinkle with seafood seasoning, parsley, salt and pepper. Arrange swordfish on the hot broiler pan. Broil about 6 inches from heat for 6 to 8 minutes until opaque in center, turning halfway through the cooking time. Serve with warmed lemon caper sauce.

Yield: 4 servings

Nutritional Value Per Serving: Calories 447, Calories from Fat 294, Total Fat 33g, Saturated Fat 17g, Trans Fatty Acid 1g, Cholesterol 138mg, Total Carbohydrates 2g, Protein 35g, Omega 3 Fatty Acid 1.61g