

Draw your swords

Marlow makes splash with swordfish

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Perhaps I should clarify today's title before we frighten any nearby guests or children.

You won't really need a sword to trim or cut this swordfish recipe. We have been preparing some very friendly and edible



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swordfish recipes from a wonderful book entitled "FAST FISH." We actually were fortunate to purchase a copy of it at a class we attended that was held up in Akron. Hugh Carpenter and Teri Sandison co-authored this memorable book. It was quite a seafood extravaganza that was presented by two talented chefs who I have enjoyed knowing over the years. So please give the following recipe a try with some of that nice fresh swordfish I have been getting at our local markets.

CANTONESE STIR FRIED SWORDFISH

This will serve 2 to 3 people.

Gather the following.

1 lb swordfish

¼th cup chopped green onions

**¼th cup dry sherry or if you
have some Chinese rice wine**

use that

¼th cup tomato sauce

3 tbs Oyster sauce

½ tsp chili sauce

1 tbs dark sesame oil

2 tsp cornstarch

2 tbs. peanut or corn oil

2 tbs minced fresh ginger

Here we go. Cut the swordfish into ¼th-inch thick slices and cut those slices into 2-inch lengths. In a bowl combine the green onions, sherry, tomato sauce, oyster sauce, chili sauce, sesame oil and cornstarch and mix well. The fish and the sauce can be covered and refrigerated for up to 8 hours before using.

Next, place a wok or skillet over high heat. When the wok or skillet is hot, add the oil and ginger. When the oil just begins to smoke add your swordfish. Now stir fry it for about 30 seconds, until the swordfish loses its raw outside color. Pour in the sauce. Stir and toss for about one minute, until the sauce glazes the fish. Now transfer it to some dinner plates and serve it at once. Please enjoy your Cantonese stir-fried swordfish. Hope you like it. We have enjoyed this Hugh Carpenter and Teri Sandison treat many times. You might try some cold beer or ale with it or whatever libation you might enjoy. A hearty thanks to both Hugh and Teri for sharing a memorable receipt from their book.