

# WILD IN THE KITCHEN

## Now for something a little bit lighter

**By Jerry Marlowe**

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I do hope you all survived the annual Thanksgiving high caloric feasts and are still willing to give this weeks post holiday offering a try. It truly is a more conservative low calorie creation. Sanity dictates. Therefore after all is said and done what will it hurt if we can all add just few more pounds or should I say ounces instead.

It has been a few days now since your incredible consumption of all those traditional Turkey Day delights and desserts. Wow everyone! And guys you won't have to work out quite as long at the YMCA.

OK now, let's chill some nice Sauvignon Blanc, Chenin Blanc or Chardonnay wine to accompany this slightly lower caloric feast for any survivors still remaining in your households. "And Away We Go" as the comedian Jackie Leonard used to cry out when he opened his great memorable TV show performances!

### **Grilled lemon oregano swordfish with a nice cucumber yogurt sauce**

You will need:

- 2 6-oz pieces of swordfish (which I have found available locally)
- 1 tbs lemon juice
- 1 tsp dried oregano, crumbled
- 1 medium cucumber peeled and seeded
- 1/3 cup of yogurt
- 1 tbs of fresh mint leaves
- 1/2 tsp chopped garlic, mashed into a paste with 1/4 tsp of salt

Also make some lemon wedges to accompany your masterpiece

And here we go.

Prepare a grill or grilling skillet. In a shallow glass dish sprinkle both sides of the fish with lemon juice, oregano and

salt and pepper to taste. Marinate the fish while you prepare this sauce. Shred cucumber on large holes of a four-sided grater. Wrap the cucumber in a clean kitchen towel and squeeze to extract most of the liquid.

In a bowl stir together the cucumber, yogurt, mint, garlic paste, and salt and pepper to taste. Now cook your fish about 4 minutes to each side. Now divide the cucumber sauce between two plates and top with the fish. Serve your creation with some nice fresh lemon wedges. That should handle two people but just double it for four hungry total people.

If you need an alternative grab for two people, two 1-inch thick swordfish, shark or tuna steaks. Be careful hauling that shark into your boat. In a glass baking dish just big enough for the two steaks. Stir together 3 tbs mayonnaise, a tbs of some fresh coriander, 2 tsp fresh lime juice, 1 tbs fresh chopped coriander sprigs, 2 tsp fresh lime juice and a tsp or so of curry powder and rub that into the reluctant fish on both sides. Preheat your broiler or if weather suits light up your grill.

Now broil the fish about 6 inches from the heat 5 minutes to a side or until fish is just cooked through. Wow all you kind folks please let me know if that helps get you through the evening. A profound thank you when I run into you at our local Markets and get to actually converse with you.

Bon Appetit. And thanks so much for tolerating my food suggestions.

(Contact Jerry if you'd like to discuss a recipe or share one of your own. Drop him a note at: 131 Oakmont Drive in Dover, OH 44622)