



Pesce spada al cartoccio

Ingredients for 4

4 swordfish steaks
250 grams (9 ounces) mussels
250 grams (9 ounces) clams
150 grams (5 ounces) raw shrimp, peeled and deveined
2 medium tomatoes
1 yellow bell pepper
1 red chili pepper (alternatively, crushed red pepper)
1 bunch flat leaf Italian parsley
1 bunch basil
2 cloves garlic
3 Tbsp olive oil
1 dash dry white wine
Salt to taste

Directions

Preparation

Preheat the oven to 400° F (200° C). Typically, shellfish today comes already scrubbed clean. However, if yours aren't, scrub the clams and scrub and debeard the mussels. If any clams or mussels are open, shut them. Discard any that do not shut, or that reopen after you've shut them. Mince the garlic. Chop the tomatoes coarsely. Cut the pepper lengthwise into strips 2 or 3 cm. wide. Chop the chili pepper finely. Preserve as many of the seeds as you wish - the more seeds you use, the hotter it will be.

Cook the shellfish

Place the garlic and 1 tablespoon of olive oil in a wide saucepan with a lid. Sauté the garlic in the oil until it turns a golden color. Pour in a dash of dry white wine, add the clams and the mussels, and cover. Let the shellfish cook covered over medium until the clams and mussels open up, approximately 4 minutes. Uncover, turn heat down and let simmer one more minute, and then remove from heat. Discard any clams or mussels that did not open. Separate the shellfish from the liquid, preserving both. Set aside.

Cook the shrimp

Add one tablespoon of olive oil to a new pan. You will eventually be adding the shellfish, their liquid and the vegetables, so choose a pan that can accommodate these. Add the shrimp, and cook over medium heat until they turn pink, rotating them so that both sides cook. This will take just a few minutes. Watch them carefully, turn them as soon as one side is pink, and avoid over-cooking so that they do not become tough. Add the mussels, clams, yellow pepper, chili pepper, basil and parsley, and pour in the liquid from the shellfish. Simmer covered for 5 minutes and uncovered for an additional 3 minutes, adding salt to taste.

Sear the swordfish

Add the final tablespoon of olive oil to a skillet and bring it to temperature over medium heat. Add your swordfish steaks to the skillet, and sprinkle salt on top of them. Cook for about 3-5 minutes, and then turn, salt the cooked side, and let the bottom side cook for another 3-5 minutes. The outside will be cooked to a golden sear, but the inside will still be rare.

The final step - preparing the *cartoccio*

Tear four long, rectangular strips of aluminum paper, each long enough to contain a swordfish steak and the fish topping. Position the foil lengthwise on a counter top. Place a swordfish steak in the center of the foil, and top with 1/4 of the seafood. Bring the long sides of the foil together at the top, and fold one side over the other, creating a seal. Then, take one end of the foil, carefully fold it over and roll it towards the center of the parcel. Do the same on the other end, creating a neat foil package. Place each package onto a baking sheet. Bake for approximately 10 minutes.

Serving the *pesce spada al cartoccio*

If helpful, the *pesce spada al cartoccio* can be left unopened in a warm oven for up to 30 minutes, or perhaps even longer, before serving. When you are ready to eat, place each parcel onto a serving plate, and carefully open the foil up, revealing the delicious seafood inside. Eat the fish right out of the foil, with plenty of crusty bread to soak up the delicious juices. Don't forget to place an extra dish or two on the table so that your guests can discard their clam and mussel shells.

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