



Grilled Swordfish Steaks with Nutty Brown Butter and Pecans

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As soon as you smell that delicious toasty browned butter, turn off the heat. The butter will be very foamy but as it cools, the foam will disappear. The sauce is so simple and so good that you will find yourself making it with sliced almonds and hazelnuts in addition to pecans for all manner of grilled shellfish and seafood, pounded pork and chicken paillards and vegetables!

Serves 2-4

Grilling Method: Direct/Medium Heat

Ingredients:

- 2-4 center-cut swordfish steaks, about 1-inch thick
- Olive oil
- 1 stick unsalted butter
- 1 cup pecan pieces
- Sea salt
- White pepper

Method:

1. Put a stick of butter in a cold sauté pan. On a medium-low flame, slowly melt the butter.
2. Add the pecans and let them brown and become toasted as the butter slowly browns. Season lightly with sea salt and white pepper. You will need to watch the pan closely as the butter can burn very quickly.
3. When butter reaches desired color – dark caramel remove from heat, cover and set aside. Either keep warm or gently reheat before topping on fish.
4. Brush fish steaks on both sides with olive oil. Season with salt and pepper.
5. Place directly on the cooking grate and if fresh, grill about 4-5 minutes on each side. If frozen, grill about 8 minutes on the first side and 4-5 minutes on the second side or until fish is opaque and has naturally released itself from the grill.
6. Remove from the grill and place on a clean platter. Top with the brown butter and pecans. Serve immediately.



Try these variations:

Grilled or seared sea scallops with brown butter and hazelnuts

Grilled lamb chops with brown butter and hazelnuts

Grilled mushrooms with with brown butter and hazelnuts

Chicken Paillard with brown butter and pecans

Pork Tenderloin Paillard with brown butter and pecans

Grilled Sweet Potatoes with brown butter and pecans

Grilled Trout with brown butter and almonds

Green beans with brown butter and almonds

Grilled Asparagus with brown butter and almonds

And let me know what other variations you try on the [W4D Chat feature](#) where you can ask us anything at any time in Substack App.