



Brown Butter Herb Swordfish with Eggplant Caponata



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chef

ingredients

how-to



Executive Chef, Nicholas Peters Bond has been at the helm of Kitchen to Aisle Catering & Events since November of 2017, starting the company with Director of Events, Meghann Basque. With over 14 years of experience working in celebrated New England Restaurants and having earned his Bachelor's degree in Culinary Arts and Hospitality Administration at Southern New Hampshire University, he has a deep understanding and appreciation of New England cuisine.

Brown Butter Herb Swordfish w/ Eggplant Caponata

Ingredients for Swordfish:

- 1 lb. locally sourced swordfish, trimmed into steaks
- 1 tbsp. vegetable oil
- 2 tbsp. butter
- Sprigs of fresh rosemary and thyme
- Salt & Pepper to taste

Ingredients for Caponata:

- 2 cups eggplant, skinned & small diced
- 2 stalks celery, chopped small
- 2 fresh tomatoes diced or 1 cup diced canned tomatoes
- 1 small onion, small diced
- 3 garlic cloves, shaved thin

- 2 tbsp. pitted & sliced kalamata olives
- 2 tbsp. red wine vinegar
- 2 tbsp. capers
- 2 tbsp. olive oil
- 1 tsp. fresh thyme, chopped
- 1 tsp. sugar
- 1 tsp. red pepper flakes
- Salt & Pepper to taste

Preparing the Swordfish: Preheat a nonstick pan to medium-high heat. Season your swordfish steaks with salt and pepper on both sides. Then drizzle in the 1 tbsp. of vegetable oil and let it get hot. Slowly place your swordfish steaks in the pan. Let the swordfish start to sear for 3-4 minutes before flipping. Once flipped, add in the butter & fresh herbs. Once the butter starts to slowly brown (will take 2 minutes) reduce the heat and start basting the swordfish with a spoon for an additional 2 minutes. Turn the heat off and set aside.

Preparing the Caponata: Preheat a medium sized saute pan to medium heat. Drizzle the pan with the 2 tbsp. of olive oil. Add in your celery, onion & eggplant and cook until slightly softened. Add in the garlic & chili flakes. Season with salt and pepper & saute until fragrant, and the vegetables are cooked through. Turn down heat to medium-low and add in the remaining ingredients. Let simmer for 10 minutes. Taste and season as necessary. *Balsamic reduction & pea greens used to garnish.