

Chili Lime Swordfish

Recipes



- 1 T canola oil
- 1 clove garlic, smashed, peeled, and minced
- 1 tsp cumin
- 1/2 tsp dried crushed red pepper
- Pinch of cayenne pepper
- 1 1/2 T Bascom Family Farms 100% pure maple syrup
- 4 T fresh lime juice
- Salt to taste
- 2 1-lb swordfish steaks

Prepare grill. Mix oil, garlic, spices, and syrup and lime juice in bowl. Add salt to taste. Put fish in shallow baking dish and pour marinade over. Cover with plastic and refrigerate for up to two hours, turning once. Remove fish from marinade and discard marinade. Grill fish on an oiled rack above coals for about three minutes on each side. Serves four.



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