



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

MAR 2010
Recipe 9



Swordfish with Farro & White Beans,
Wilted Spinach, Cremini Mushrooms and Red Bell Peppers

Cook's Note: Swordfish will dry out very easily. Do not overcook.
Bon Appetit!
-George

(photo by Marc-Henri)

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Swordfish with Farro & White Beans, Wilted Spinach, Cremini Mushrooms & Red Bell Peppers.

PREPARATION

Toasting Farro

- 1 - Add Farro to a dry pan and toast over Medium Heat and highly brown the grain. This should take about 5 minutes. (Browning grains before cooking gives them better texture and mouth feel.)
- 2 - Combine Farro and water and bring to a boil. Cover, reduce heat and simmer for 25 to 30 minutes.

Preparing Vegetables

- 1 - In a saucepan heat 2 oz. Roasted Garlic Olive Oil and diced onions over medium heat. Sauté until onions start turning translucent; about 5 minutes.
- 2 - Add Spinach. Once leaves begin to wilt, combine Mushrooms, Bell Peppers, Farro, drained and washed white beans, and sauteed Onion and Spinach in a pot. Cover and simmer mixture.

Preparing Swordfish

- 1 - Pat dry Swordfish and season with Salt and Pepper. Coat searing pan with remaining Roasted Garlic Olive Oil and sear fish over medium high heat.
- 2 - Place seared swordfish in 350 degree oven and cook for about 5 minutes. Swordfish will dry out very easily. Do not overcook.
- 3 - Place Swordfish on a bed of the bean and farro mixture. Drizzle with Basil Canola Oil, and garnish with chopped thyme.

INGREDIENTS

- 2.5 cups Water
- 1 cup Farro / Unpolished
- 1 Medium Onion, Diced
- 4 oz. GC Farms' Roasted Garlic Olive Oil
- 2 oz. GC Farms' Canola Basil Oil
- 8 oz. Spinach
- 1 cup GC Farms' Roasted Crimini Mushrooms
- 1 cup GC Farms' Roasted Red Bell peppers
- 1 tablespoon Fresh Thyme, chopped
- Salt and Pepper to taste
- 2.5 lbs Swordfish cut into 6-8 oz. steaks
- 1 can of White Bean

COOK'S NOTE:

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Bon Apetit!
-George