



## Swordfish With Braised Endive

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To offset its bitterness, the endive is caramelized with sugar in this recipe.

Active time: 10 min Start to finish: 20 min

Makes 4 servings.

### ingredients

1/3 cup water  
2 tablespoons unsalted butter  
1 teaspoon sugar  
3/4 teaspoon salt  
3 medium Belgian endives (1 lb total), each cut lengthwise into 6 wedges  
4 (3/4-inch-thick) swordfish steaks (6 to 8 oz each)  
1/4 teaspoon black pepper  
1 1/2 tablespoons olive oil

Accompaniment: lemon wedges

### preparation

Bring water, butter, sugar, 1/4 teaspoon salt, and a pinch of pepper to a simmer in a 10-inch heavy skillet. Add endive in 1 layer, then braise, covered, turning wedges over once, 10 minutes.

Remove lid and increase heat to moderately high, then cook, turning over occasionally, until all of liquid is evaporated and endive is very tender and well caramelized, 6 to 8 minutes.

While endive is braising, pat fish dry and sprinkle with pepper and remaining 1/2 teaspoon salt. Heat oil in a 12-inch heavy nonstick skillet over moderately high heat until hot but not smoking, then sauté fish, uncovered, turning over once, until just cooked through, about 7 minutes total. Serve fish topped with endive.

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