



# SHEDDER'S COOKBOOK

How often does your other (better) half complain that you don't support her by doing some of the cooking? Let's hope not too often.

This is a recipe that Tom Wolf has found easy to make and delicious. We are reminded that you don't have to be a great cook (you heard about the army joke when the sergeant asked "Who called the cook a bastard? ...") but it is good to tempt fate at times and to prove victorious. This is one of Tom's favourite recipes.

## SWORDFISH WITH SALSA ROSSA - Serves 4

### Ingredients (fish):

- 4 x 1cm thick slices of swordfish
- sea salt and ground black pepper.
- 2 handfuls of rocket
- juice of 1/2 lemon plus wedges to serve

### Instructions (fish):

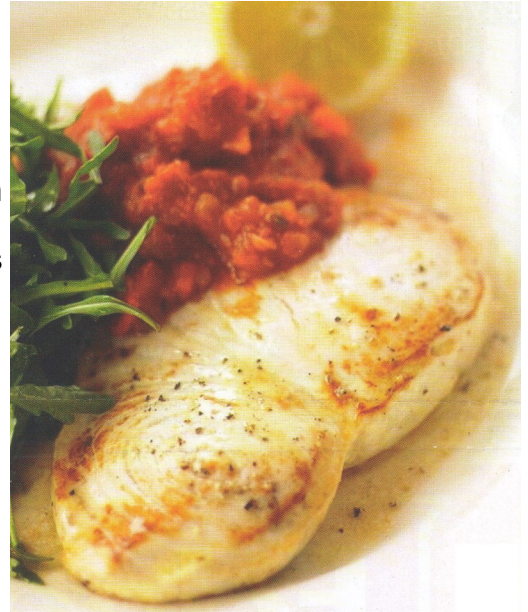
1. Heat pan until very hot and season the swordfish with salt and pepper.
2. Place in the pan and cook for about 1 1/2 minutes each side, until golden.

### Ingredients (sauce):

- olive oil
- 1 small red onion, peeled, finely chopped
- 3 cloves of garlic, peeled, finely sliced
- 1 small stick of cinnamon
- 1-2 small dried red chillies, crumbled
- 2 tablespoons red-wine vinegar
- 2 x 400g cans good quality plum tomatoes, chopped
- 1 small jar of red peppers, drained and chopped

### Instructions (sauce):

1. Put a little olive oil into pan, add onion and sliced garlic. Throw in the cinnamon stick and chilli and fry on gentle heat for 10 minutes until the onions are soft and sweet.
2. Turn up the heat and add red wine vinegar. Turn the heat down to low straight-away and add the canned tomatoes and red pepper.
3. Simmer slowly for 1/2 hour, season to taste.



**Serve the swordfish with sauce spooned over the top. Serve with wedge of lemon and sprinkle lemon juice over some rocket on the side.**

**Bon Appétit!**

**If you have a favourite recipe that you have actually made and would want to share with your mates, why don't you send it to us.**