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HACO swiss



Sauces

Like the icing on a cake, a great sauce adds the finishing touch to a dish.

Pan-Seared Swordfish With Cream Sauce

Serves 4

4	swordfish steaks
	Salt and freshly ground black pepper, to taste
	Olive oil, for sautéing and serving
½	lemon, for juice
100g	french beans, blanched
100g	cherry tomatoes, cut into wedges

Cream Sauce

20g	Haco Cream Sauce
5g	chopped garlic
200ml	lukewarm water
50ml	fresh cream
5g	finely grated young ginger
5g	chopped basil
	Salt and freshly ground black pepper, to taste

- Season the swordfish steaks with salt and freshly ground black pepper. Heat the olive oil in a sauté pan and sear the steaks on both sides over medium-high heat until well-browned. Remove the pan-seared swordfish steaks from the sauté pan and squeeze lemon juice over. Keep warm.
- For the cream sauce: Sauté the chopped garlic in the same sauté pan until fragrant. Add in the **Haco Cream Sauce** and 200ml lukewarm water and bring liquid to a boil, stirring constantly until smooth. Reduce heat and simmer for about 2 minutes, stirring occasionally. Add in the fresh cream, grated young ginger and chopped basil, and bring mixture to a boil. Reduce heat and season to taste with salt and freshly ground black pepper.
- To serve: Place the blanched french beans and cherry tomato wedges onto each serving plate and top with a pan-seared swordfish steak. Spoon the cream sauce around and drizzle with some olive oil.