

ABOUT

There is only one species of swordfish, *Xiphias gladius*. Swordfish roams temperate and tropical seas worldwide in more than 30 nations. Swordfish harvesting is governed by the International Commission for the Conservation of Atlantic Tunas. U.S. Atlantic fishermen operate under a strictly enforced ICCAT quota, but not all ICCAT nations observe their quotas. Swordfish average 50 to 200 pounds. Most are caught by longline, the rest by gillnet and a very small amount by harpoon. The fishery is conducted at night (except the harpoon fishery). The best catches from the longline fleet come on the full moon, when nights are bright and swordfish are feeding heavily. Thus, the best catches occur during the final quarter of the moon. The opposite is true for gillnet fisheries. The darker the night, the better the fishing (because swordfish can't see the net). Generally speaking, longlined fish are considered the best. Frozen-at-sea swordfish, known as "clipper," is often a high-quality product and less expensive than fresh sword, which can be less fresh than FAS.

PRODUCT PROFILE

Swordfish is moist and flavorful with a slightly sweet taste. Steaks have a moderately high oil content and a firm, meaty texture. The flesh color can vary from white and ivory to pink and orange. Color variation does not indicate quality, and all swordfish turns beige after cooking. Swordfish steaks have a whorling pattern and shouldn't be confused with the mako shark's more circular meat pattern.

COOKING TIPS

Swordfish is served baked with a slice of lemon, but more chefs are preparing it in ways that stretch it, like kebabs with dipping sauces. Swordfish is excellent for marinating and grilling. It can be cooked from a frozen state. For moist grilled swordfish, select steaks that are at least 1 1/4 inches thick. Baste with olive oil and lemon juice before and during cooking.



NUTRITION FACTS

Calories	121
Fat Calories	36 g.
Total Fat	4.0 g.
Saturated Fat	1.1 g.
Cholesterol	39 mg.
Sodium	90 mg.
Protein	19.8 g.
Omega 3	0.6 g.

PRIMARY PRODUCT FORMS

Fresh: H&G, Sides, or "halves", Loins (or "quarters"), Steak-ready loins, Wheels, Chunks (slabs or sections), Steaks

Frozen: H&G, Sides, Loins, Steak-ready loins, Wheels, Chunks, IQF steaks

GLOBAL SUPPLY

Australia, Brazil, Canada, Chile, Costa Rica, Italy, Japan, Mexico, Singapore, South Africa, Spain, Taiwan, United States, Uruguay

COOKING METHODS

✓ Bake ■ Boil ✓ Broil ■ Fry ✓ Grill
■ Pate ■ Poach ■ Saute ✓ Smoke ■ Steam