

Episode No: 201 Episode Name: Seppeltsfield

Rigatoni with Swordfish Ragu

Ingredients:

2 Swordfish steaks, skin removed Salt Olive oil 6 cloves garlic, thinly sliced 1 tablespoon red chili flakes 8 anchovy fillets, diced small 500 grams Rigatoni pasta Juice of 1 lemon 1 tin diced tomatoes

Dash of dry, Sherry-style wine (we recommend: Seppeltsfield Solero DP117 Dry Flor Apera) 1 jar Vass Virgin olives

Method:

Cook rigatoni until al dente. Put aside.

Pour olive oil in a pan over medium heat. Add chili flakes and anchovies to the oil. Meanwhile, dice swordfish into 1cm cubes. Add the swordfish to the pan and cook until three-quarters done. Deglaze with a dash of dry, Sherry-style wine (we've matched this delicious recipe with a phenomenal Seppeltsfield Solero DP117 Dry Flor Apera).

Add can of tomatoes and olives to pan. Allow to simmer for a few minutes. Add a squeeze of lemon, rigatoni and season with pepper. Add oregano and serve.

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