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Swordfish with Dijon Tarragon Mayonnaise

Serves 6

I hate mayonnaise, so when my friend, Sharon Smith, grilled swordfish with mayonnaise instead of olive oil, I was extremely skeptical. Ever since that fateful day – after eating the tenderest swordfish ever – whenever I grill swordfish, I always slather it with mayonnaise.

Serve with artichokes, sautéed mushrooms and sautéed or fresh spinach.

1/2 cup mayonnaise
2 heaping tablespoons Dijon mustard
1 tablespoon fresh tarragon leaves
1-1/2 teaspoons kosher salt
1/2 teaspoon freshly ground black pepper
3 pounds swordfish steaks, skin removed, meat cut into 1-inch cubes
1 lemon, cut into 6 wedges

To make the marinade: Place the mayonnaise, Dijon mustard, tarragon, salt and pepper in a 3- to 4-quart bowl and mix until all the ingredients are well combined. Add the swordfish to the bowl and mix until it is completely immersed in the paste. Alternatively, you can transfer the mixture to a large resealable plastic bag. Refrigerate for at least 3 hours and up to 24 hours.

Prepare a grill. When the coals are glowing red, after 15 to 20 minutes, cover with the grate. After 5 minutes, use a wire brush to thoroughly clean the grate. When the coals are covered with a pale gray ash and you can leave your hand 5 inches above the fire for 2 to 3 seconds, the coals are ready.

To cook, remove as much paste as possible from the swordfish. Thread the swordfish on skewers, place the kabobs on the grate and grill, turning every 1-1/2 minutes, until the swordfish is well browned on the outside but still rare in the inside, 7 to 8 minutes total. Transfer to a serving platter and serve immediately with the lemon wedges.