

STAY SAFE. STAY ENGAGED.

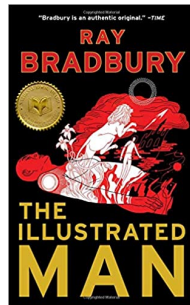
# STAYCONNECTED

## Book Recommendation

**The Illustrated Man** By: Ray Bradbury



*Recommended by Sarah Luther  
Team Lead & Relationship Manager*

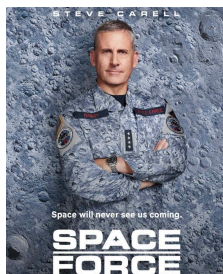


## Binge TV Recommendation

**Space Force** -Netflix



*Recommended by Bill Matyi  
Jr. Senior Business Consultant*



## Podcast Recommendation

**EarlWolf** - [www.earwolf.com](http://www.earwolf.com)



*Recommended by Sophia Harbas  
Director of Coaching Services*

**EARWOLF**

## Recipe Recommendation

**Grilled Swordfish with Pineapple-  
Mustard glaze and cilantro mint  
chimichurri**



*Courtesy of Spencer Wright  
Executive Chef at Plain & Fancy*

3 cups fresh pineapple juice  
1 cup white wine vinegar  
2 tbsp soy sauce  
2 tbsp finely chopped fresh ginger  
¼ cup packed light brown sugar  
2 tbsp Dijon mustard  
2 tbsp fresh lime juice  
Kosher salt and freshly ground black pepper  
4 (8-ounce) swordfish steaks (each about 1 inch thick)  
2 tbsp canola oil

Combine the pineapple juice, vinegar, soy sauce, ginger, and brown sugar in a medium saucepan and bring to a boil over high heat. Reduce the heat to medium and simmer, stirring occasionally, until the volume is reduced by half. 20-25 minutes. Remove from the heat and whisk in the mustard and lime juice and season with salt and pepper. Let cool to room temperature. Pre heat a grill to high or a grill pan over high heat. Brush the fish with the oil and season with salt and pepper on both sides. Grill on one side until lightly golden brown, 2-3 minutes; then brush with some of the mustard glaze and flip over. Brush with more glaze and continue grilling for 3-4 minutes for medium-well. The fish will be slightly pink in the middle.

Remove swordfish from grill, brush with more glaze, and top with the chimichurri.

Cilantro Lime Chimichurri:  
½ cup finely chopped fresh cilantro  
¼ cup finely chopped fresh mint  
3 cloves garlic, finely chopped  
3 tbsp red wine vinegar  
¼ cup olive oil  
Kosher salt and freshly ground black pepper

Combine the cilantro, mint, garlic, vinegar and oil in a medium bowl and season with salt and pepper.

