

CHEF SARA RHODES

CRISPY BREADED TILAPIA W/ CREAMY LEMON SAUCE

½ cup flour
1 egg
½ cup panko bread crumbs
½ cup grated parmesan cheese
½ cup dry potato flakes
2 Tbsp. Zesty Lemon Herb spice blend -
divided
4 8 oz. Tilapia fillets, washed and patted
dry
2 Tbsp. shallots, minced
1/3 cup white wine
Juice of one large lemon
1 cup heavy cream
1 Tbsp. butter



Get out 3 separate containers with a flat bottom. In one container put in the flour and season it with salt and pepper. In the next container, whisk the egg with a little water. In the 3rd container, mix the panko, parmesan cheese, potato flakes and 4 tsp. of the Zesty Lemon Herb spice blend.

Take each fish fillet and first dip in the flour, patting the fillet to shake off any excess flour. Then dip the fillet into the egg mixture and then into the coating mixture. Set aside on a plate lined with waxed paper.

Heat a 12" sauté pan over medium high heat. Add a little olive oil. When the oil is hot, sauté the fish fillets till done, about 5 to 6 minutes on each side. Set aside and lightly cover with foil. In the same sauté pan, add a little more oil if necessary and add the shallots and the last 2 tsp. of the Spice blend. Cook until fragrant. Add the lemon juice and the white wine. Cook until the juice and wine have all but evaporated. Add the cream and bring to a simmer. Simmer until cream starts to thicken slightly. Add the butter and whisk sauce till butter melts.

Plate fish and spoon sauce over fish fillets.

Wine Pairing: Chardonnay