

SPOTLIGHT RECIPE



ASIAN BRAISED TILAPIA

- Combine the ginger, shallots, vinegar, oil, lime juice, soy sauce and cilantro.
- Whisking vigorously, add the sesame oil and ground white pepper to finish the ginger vinaigrette.
- Reserve the vinaigrette for use in the last step.
- Brown the fish on a hot griddle. Transfer to a steamer and steam the fish until the internal temperature reaches 145 F.
- Whisk the vinaigrette and pour it over the fish. Sprinkle with the toasted sesame seeds.

Ingredients

Servings: 12

- 3 teaspoons fresh ginger root, minced
- 1 1/2 tablespoons shallots, minced
- 3 tablespoons seasoned rice vinegar
- 11 1/2 tablespoons olive/canola oil blend
- 3 tablespoons lime juice
- 3 teaspoons soy sauce
- 2 1/2 tablespoons fresh cilantro, chopped
- 2 tablespoons sesame oil
- Dash of ground white pepper
- Twelve 3- to 5-ounce tilapia fillets, IQF
- 3 7/8 tablespoons sesame seeds, toasted

Side dishes

- Vegetable Fried Rice
- Gingered Snow Peas

