

Tilapia Ceviche

Ingredients

Tilapia Fillet - Red Onion - Tomato - Serrano Chili Peppers - Salt - Tabasco - Oregano - Lemon Juice - Coriander - Avocado - Tortillas Chips



Method

- 1-In ceramic bowl place the cubes fish, onion, tomato, chili, salt, tabasco and oregano
- 2-Cover with the lemon juice
- 3-Let sit in the refrigerator for about an hour
- 4-Stir, to ensure all fish pieces are evenly marinated, cooked, in the lemon juice
- 5-Keep chilled for at least 3 hours before serving so to give time for the flavours to blend
- 6-Garnish: Coriander Leaves and Avocado pieces, Serve with Tortilla Chips

Tilapia fillets with Lemon & Capers

Ingredients

Tilapia Fillet - Seasoning - Worcestershire Sauce - Flour - Butter - Lemon Baladi 'Segments' - Capers - Lemon Juice - Parsley



MISE-EN-PLACE

- 1-Scale, gut, fillets the Tilapia, refrigerate on crushed ice
- 2-Prepare the clarified butter, Prepare the lemon juice and lemon segments

Method

- 1-Marinate with salt and pepper, lemon juice, and Worcestershire sauce
- 2-Dip into the flour and fry in clarified butter over moderate heat until golden brown and cooked through
- 3-Arrange on a suitable plate
- 4-Heat the remaining butter, add remaining lemon juice, lemon segments, capers and chopped parsley
- 5-Pour over the fish

Sweet and Sour Tilapia Soup

Ingredients

Tilapia sliced into pieces - Coriander - fresh (Cilantro) - Onions - Peppercorn - Ginger - Tamarind - Fish sauce (Chinese) - Sugar - Salt - Onions



Method

- 1-In a mortar and pestle, finely pound cilantro, onion and ginger and black pepper until you achieve a coarse paste
- 2-In a medium sauce pan, bring water and cilantro paste to a boil over medium-high heat. When it reaches a boil, reduce heat to medium, add fish to the broth
- 3-When the broth comes back to a boil, add tamarind concentrate, fish sauce, brown sugar and salt. Allow the fish to cook for about 4-5 minutes. Check the doneness of the fish
- 4-Remove from heat stir in scallions and serve immediately

Tilapia Shakshouka Style

Ingredients

Tilapia fillets - Coriander - Sumac Ground - Cumin Ground - Dill, fresh - Turmeric - Olive oil - Garlic - Jalapeno Peppers - Tomato - Water - Parsley - Mint



Method

- 1-In a small bowl, combine the coriander, sumac, cumin, dill and turmeric
- 2-In a large, deep skillet (with a cover) heat 30g olive oil
- 3-Saute the onions for 2 minutes then add the garlic and jalapeno
- 4-Cook on medium-high, stirring regularly, until fragrant and golden in color
- 5-Now add the tomatoes and only 1/2 of the spice mix
- 6-Add the tomato paste, lime juice, water, salt and pepper and stir to combine
- 7-Bring to a high simmer, then turn the heat down to medium-low
- 8-Cover and cook the tomato mixture for 10 more minutes; stir occasionally
- 9-Meanwhile, season the fish filets lightly with salt and pepper and coat on both sides
- 10-Gently add the fish filets to the tomato mixture
- 11-Cook on medium-high briefly, then reduce the heat to medium
- 12-Cover and cook for another 10-15 minutes until the fish is cooked through
- 13-Remove from heat and top with the fresh parsley and mint leaves
- 14-Serve immediately in bowls with Lebanese rice or your favorite crusty bread