

Poached Tilapia with White Wine Butter Cream Sauce

By Camine Pappas/January 2014

Prep time 10 minutes/Cook time 10

Makes 2 servings

INGREDIENTS:

(This feed two. You got a mountaintop of followers? You will need more fish so double or triple as needed although I can't guarantee results if you do more than double it.)

2 - 4 ounce fresh tilapia filets, patted dry and brought to room temperature

1 large red new potato, diced in small pieces

1/4 C acidic white wine like a crisp Albarino

(that's what I used! I wouldn't use Sauv Blanc or Chardonnay as the taste would overpower this dish. Maybe an unoaked Chard or a Semillon)

3 - 4 T heavy cream

1 C fresh asparagus cut into 2 inch slices

1/8 t Italian Seasoning blend +

1/8 t Lawry's Seasoning Salt + (to your taste)

Salt and Pepper

2 T butter

1/2 T canola oil

Sprig of Italian parsley as garnish



Preheat a saucepan with med heat, and add the butter and oil. (You don't want a huge pan for this because you want to be able to perch the fish on top of the veggies while cooking and NOT touch the bottom of the pan.) When melted, add the potatoes and asparagus, season with the seasoning salt and the herbs. Toss and saute for about 3 minutes until the edges of the potatoes begin to turn golden...not too long, though. Don't want that asparagus to get too mushy! Now, add the wine and let it sizzle. Gently place the filets over the vegetables, season lightly with salt and pepper, cover. (It's awesome if you have a glass cover. If you don't, try some kind of see through heat tempered cover so you can watch the fish.)

In no time, about 2 minutes or so, you will see the fish turn opaque. Wait another minute. Take off the fish and plate it. Zap in micro for 8 seconds if needed. That's what I did to get the thickest middle part cooked. DO NOT ZAP ANY LONGER and do one filet at a time if you use this method so the fish stays MOIST.

Now, add the heavy cream to the veggies in the pan, and stir to incorporate and heat through, about 30 to 45 seconds. Pour the luxurious sauce over the fish, garnish and serve!

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