

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Fiery Cajun Tilapia

Adapted from recipe by Stephanie Gallagher, Suite101.com

Tilapia is a mild-flavored fish that somehow pairs well with zest and spices. I boosted the zing in this version! Tone it down or turn it up as you desire; the real heat's in the compound butter...

6 Tbsp butter, softened
3 Tbsp Cajun seasoning
1 Habañero chile, seeded, finely minced
juice of two lemons
2 lbs fresh tilapia fillets (or other firm whitefish)
¼ cup all-purpose flour
kosher salt and freshly ground black pepper
1-2 Tbsp light olive oil
¼ cup chopped curly-leaf parsley

Let butter soften on the counter for about 30 minutes, then work in Cajun seasoning, minced chile and lemon juice. Refrigerate while you cook the fish. Wash tilapia and pat dry with paper towels. Mix flour, salt and pepper in a shallow bowl for dredging, then sprinkle tilapia with extra pepper. Dredge the fish and lay on wire rack, ready to fry.

Place oil in a large, shallow skillet over medium heat. When oil shimmers, add fillets to pan. Don't crowd; fry in batches instead. Cook on both sides, 2-3 minutes each. Keep cooked fish warm in an oven under foil.

Garnish with parsley; serve fish with compound butter, side salad, rice pilaf and a nice white wine for a complete meal.

Yield: Four servings
Preparation time: 10 minutes
Cooking time: 20 minutes

