



Chef Judi's Tilapia Piccata,
www.judigallagher.com

Serves 4

1 can artichoke hearts, drained
Juice of 1 lemon plus zest
1 fresh lemon sliced
Approximately 2 Tablespoons capers
Shallots, minced 2 teaspoons
6 Tablespoons butter
Flour (to coat fish)
12 tilapia fillets
¼ cup chicken stock
¼ cup white wine
Kosher salt and pepper to taste
Fresh chives, snipped for garnish
Toasted pine nuts (optional)

Heat pan to medium high heat. Add 3 Tablespoons butter and 1 Tablespoon olive oil to melt but do not brown. Dip tilapia into flour- shake off excess. Add to pan and sauté on each side until golden brown- about 3 minutes per side, less if fillet is thin. Remove fish and add ¼ cup chicken stock, scraping the bottom of the pan. Add shallots, remaining butter, capers, salt and pepper and artichokes and wine. Reduce slightly. Arrange tilapia fillets on a platter, overlapping slightly. Pour sauce over the fish and arrange sliced lemons and fresh chives on top for garnish- serve with fresh fettuccine noodles or rice pilaf

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