

# Chef Judi's Tilapia Piccata

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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)

Kosher salt and fresh ground white pepper to taste

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. Season with Kosher salt and Pepper.

Add Tilapia 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, pepper, 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.