

TIM FARMER'S COUNTRY KITCHEN

TILAPIA

*Olive oil
Tilapia filets
Cajun seasoning
Salt + Pepper + Flour*

*2 garlic cloves, pressed
1/2 cup white wine
1/2 cup chicken stock
Squeeze of lemon juice
3 tablespoons butter
Splash of heavy cream*



Heat olive oil in pan. Season filets with cajun seasoning and coat on all sides with flour & seasonings. Cook in oil until golden brown on both sides and place in oven at 300 degrees until done. For sauce, in same pan you cooked fish, pour off some of oil and cook garlic in what remains. After 2-3 minutes deglaze with white wine and chicken stock and a squeeze of lemon. Reduce to simmer and reduce by half. Stir in butter until melted and a splash of heavy cream. Pour over fish and serve.