

SAUTÉED TILAPIA WITH WHITE WINE & MEYER LEMON SAUCE

4 Fresh Tilapia Fillets
½ CUP Flour
3 TBL Meyer Lemon Olive Oil
TO TASTE Kosher Salt and Pepper
White Wine and Lemon Sauce

PREP WORK Pat fish fillets with a paper towel, season both sides of fillet with salt and pepper and let stand until fillets are glistening with moisture, about 5 minutes.

Now is a good time to make the White Wine Sauce.

COAT THE FISH Place flour in a shallow baking dish. Coat both sides of fillet with flour and shake off excess and place them on a separate plate or paper towel, preferably in one single layer.

SAUTÉ THE FISH Heat 2 tablespoons of the Meyer Lemon Olive Oil over high heat in a large non-stick skillet until oil is shimmering, but not smoking. Place the fillets in a single layer and immediately reduce heat to medium-high. (Depending on the size of your skillet and the amount of fish you are making, you'll have to add more oil and sauté the fillets in batches.)

Without moving the fish, sauté for 2 to 3 minutes on each side and until the edges of fillets are opaque and bottoms are lightly browned. Use a spatula to gently flip fillets.

Transfer fillets onto plate, pour sauce over and serve.

WHITE WINE AND LEMON SAUCE

1 TBL Meyer Lemon Olive Oil
1 Shallot (other onion can be substituted in a pinch), roughly chopped
½ CUP Chenin Blanc, Sauvignon Blanc, or Chardonnay
2 TBL Butter
1 TBL Fresh Parsley
½ Meyer Lemon

In a saucepan, heat 1 tablespoon of the Meyer Lemon Olive Oil over medium heat.

Sauté shallots until softened, about 1½ minutes.

Add wine, increase heat to high and bring to a boil. Boil until reduced to ¼ cup, about 3-5 minutes. Remove saucepan from burner and pour into another container, such as a coffee mug or creamer, through a small strainer to strain out the shallot, and then discard the shallot.

Whisk in butter, parsley, and juice from half a lemon.

Set aside and keep warm until the fish is done.

Serve with any Dry Creek Vineyard white wine – Chenin Blanc, Sauvignon Blanc, or Chardonnay.

Serves 4

Dry Creek
VINEYARD