

Buying and Preparation Tips

Be sure to purchase your seafood from a retailer that displays a valid license.

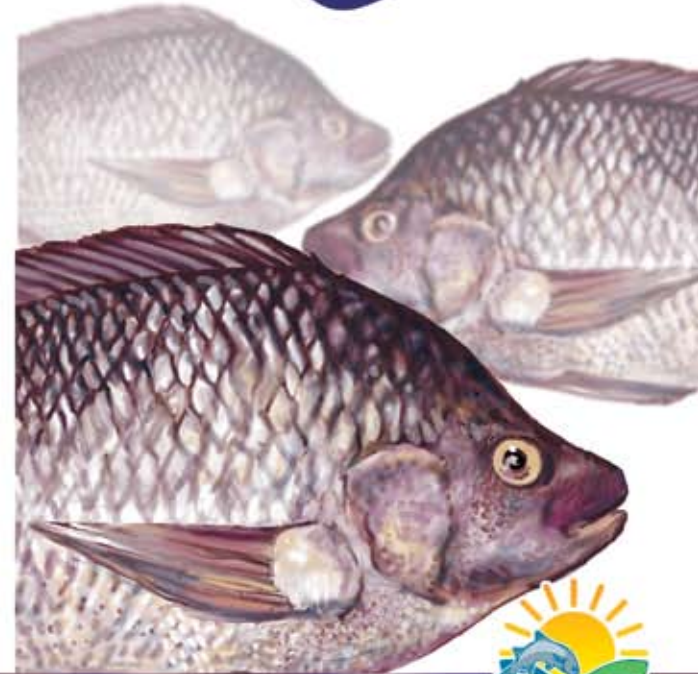
- Look for these signs of quality when purchasing tilapia fillets: flesh that is firm and not separating, fresh sea breeze smell and no discoloration.
- When you are grocery shopping, purchase seafood last and keep it cold. Ask your seafood specialist to pack your seafood on ice for the trip home. Remove from ice prior to refrigerating.
- Store fresh tilapia in the coldest part of your refrigerator (usually the lowest shelf at the back or in the meat keeper) at 32° F for up to two days.
- To freeze tilapia, wrap tightly to prevent freezer burn, write date on package and store at 0° F for up to four months. Thaw in the refrigerator or under cold running water.
- The general rule for cooking fish is 10 minutes per inch of thickness at the thickest part of the fillet or steak at 400°- 450° F. If fish is cooked in parchment, foil or a sauce, add 5 minutes to the total cooking time.

- Try marinating tilapia in a quick citrus marinade (mix 1/4 cup olive oil, 2 1/2 tablespoons Florida lemon juice, 1 1/2 tablespoons Florida orange juice and season with salt and pepper to taste). Always marinate fish in the refrigerator. Discard used marinade because it contains raw fish juices.
- Tilapia is cooked when its meat flakes easily with a fork, and loses its translucent or raw appearance. All fish should be thoroughly cooked.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination. After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and your hands with hot soapy water.



TILAPIA

Recipes



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TILAPIA



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**Florida Department of Agriculture
and Consumer Services
CHARLES H. BRONSON, Commissioner**



Captain's Choice Tilapia



- 1 cup sour cream
- 1 teaspoon paprika
- 1 teaspoon ground thyme
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 3/4 cup dry bread crumbs
- 1/4 cup finely chopped pecans
- 1 1/2 pounds Florida tilapia fillets, cut in serving sized portions

Combine first 6 ingredients and mix well. In a separate bowl, combine bread crumbs and pecans. Dip fish into sour cream mixture, then coat with bread crumbs. Place fish in a circular fashion in a round microwave-safe dish with the thickest part to the outside. Cover and microwave on high for 2-3 minutes, checking to see if fish is cooking evenly. Microwave for one additional minute or until fish flakes easily when tested with a fork. Serve immediately.
Yield: 4 servings.

Per serving: calories 417, calories from fat 198, total fat 22g, saturated fat 9g, cholesterol 108mg, total carbohydrate 19g, protein 36g.

Grilled Tilapia



- 3/4 cup mayonnaise
- 1 teaspoon steak sauce
- 1 teaspoon Florida lime juice
- 2 tablespoons grated Parmesan cheese
- 1/8 teaspoon minced fresh Florida dill
- 4 large Florida tilapia fillets

Mix mayonnaise, steak sauce, lime juice, cheese and dill. Spread generously on both sides of fillets. Place coated fillets on grill and cook for 3-5 minutes on each side or until fish flakes easily with a fork.
Yield: 4 servings.

Per serving: calories 480, calories from fat 340, total fat 38g, saturated fat 6g, cholesterol 110mg, total carbohydrate 3g, protein 33g.

**Seafood alternative:
farm-raised catfish,
farm-raised hybrid striped bass
or sea trout**

All-American Pan-Fried Tilapia

- 2/3 cup cornmeal
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 2 pounds Florida tilapia fillets
- vegetable oil for frying

Combine cornmeal, salt and paprika. Coat fillets with cornmeal mixture. Pour about 1/8 -inch of oil in a heavy skillet and heat to 360°F. Place fillets in skillet and fry for 4-5 minutes or until brown; turn carefully and cook an additional 4-5 minutes or until fish flakes easily with a fork. Drain on a paper towel. Yield: 6 servings.

Per serving: calories 260, calories from fat 100, total fat 11g, saturated fat 1.5g, cholesterol 75mg, total carbohydrate 12g, protein 29g.

**Eat Seafood
Twice a Week...
It's Good For Your Heart**



More recipes at www.FL-Seafood.com