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One of the best ways to make a house into a home is to invite some friends over for a meal. If you try this recipe, let me know how it turns out for you. And if you have a favorite recipe of your own, send it my way.

Pan-Steamed Tilapia

Tilapia is a whitefish that can be found in many places around the globe, and it has become very popular in recent years. For commercial fish farms, the species is relatively cheap to raise, so it has become a staple at grocery store meat counters everywhere. As consumers, we get to enjoy a plentiful supply of a gently flavored fish with a firm texture that cooks easily and can adapt to a wide variety of preparations. Here is a pan-steaming recipe that is quick to prepare, simple to modify, and impressive to look at if your dinner guests peek in the kitchen while you are cooking.

4 tilapia filets, fresh or thawed, about 4 ounces each
4 green onions, chopped
2 tablespoons chopped fresh ginger (or minced from a jar)
2 tablespoons soy sauce
2 teaspoons sesame oil

1. In a large covered skillet, bring about 1" of water to a boil over medium-high heat.
2. Meanwhile, mix the green onions, ginger, soy sauce and sesame oil in a small bowl.
3. Place each filet on a square of tin foil, about 12"x12". Spoon a quarter of the mix over each filet. Wrap the foil around the filet, creasing several times to seal, and fold up the ends tightly.
4. Place packets in boiling water and cook for about 8 minutes, until fish is tender & flakes easily.

Serves 4.

Serve with rice & fresh vegetables for an easy & nutritious dinner. A little fresh bread on the side will go nicely. If you are getting ready for a dinner party, you can cut the preparation time even further by preparing the fish packets ahead of time and keep them in the fridge until they are ready to cook.

The same basic technique can be adapted to almost any marinade you might like to try. For a lighter flavor, replace the ingredients above with the following:

8 grape tomatoes, sliced
2 tablespoons white wine
2 tablespoons lemon juice
2 teaspoons butter, melted

If you try any combinations of your own, let me know how it goes—maybe we can have a follow-up article to share everyone's favorite variations later in the year.



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