

IMPRESSIVE PAIRINGS



Dave Larocque,
resident wine expert

FISH

PARMESAN TILAPIA

Perfect for a warm summer night, this delicate fish is divine with the nutty flavour of fresh parmigiano and crisp parsley.

INGREDIENTS:

- ¼ cup freshly grated Parmigiano Reggiano cheese
- 1 tsp sweet paprika
- 1 tbsp chopped fresh parsley
- Salt and pepper to taste
- Olive oil
- 2 fillets of Tilapia *(If Tilapia is not available in your area it can be substituted with any small white fish)*
- 2 lemon wedges

METHOD:

Preheat oven to 400°F.
Remove Tilapia from refrigerator about 20 minutes before placing in oven. Combine the Parmigiano, paprika and parsley in a small bowl; season with salt and pepper. Rub both sides of tilapia with olive oil. Sprinkle or dredge with Parmigiano, paprika and parsley mixture to evenly coat. Place on lightly oiled foil lined baking sheet. Bake in preheated oven for 14 minutes. Serve with lemon wedge, wild rice and toasted almond slices, and buttered green beans or fresh spring peas.
Serves 2 people (depending on size of fillets)



THE MATCH:

FRUITY UNOAKED CHARDONNAY

The citrus notes in the dish will complement the citrus notes in the wine. The fruit of the wine is enhanced by the salty notes of the cheese while the weight of the wine matches the weight of the food. Chill the **Chardonnay** for about 1 ½ hours (12 to 14°C) and enjoy.