

IMPRESSIVE PAIRINGS



Dave Larocque,
resident wine expert

FISH

CITRUS BUTTER TILAPIA

This mild fish is perfect for a tangy, buttery sauce.

INGREDIENTS:

- 2 Tilapia fillets
- 1 tsp. butter
- 1/8 cup chicken stock
- 1 tbsp. orange juice
- 1 tbsp. dry white wine
- 1 tsp. fresh basil
- Salt and pepper to taste

METHOD:

Heat oven to low temperature (170 to 190 °F). Turn off once heated.

Remove Tilapia from refrigerator about 20 minutes before cooking. Melt butter in non-stick fry pan over medium heat and then add Tilapia. Cook 4 minutes per side, until lightly browned and just cooked through. Remove from pan and place fish on warmed dinner plate. Put plate in oven (oven is turned off). Add chicken stock, orange juice, white wine and basil to fry pan; bring to a boil. Cook for 2 to 3 minutes. Remove Tilapia from oven, pour sauce over fish and serve with long grain rice and green beans or peas.

Serves 2 people.



WINE SELECTION:

THE CANDIDATE WHITE (DRY FRUITY WHITE BLEND).

The fresh citrus flavour in the dish is the ideal complement to the fruity, citrus notes of the wine. Chill the wine for about 2 hours (10 to 12°C) before serving.