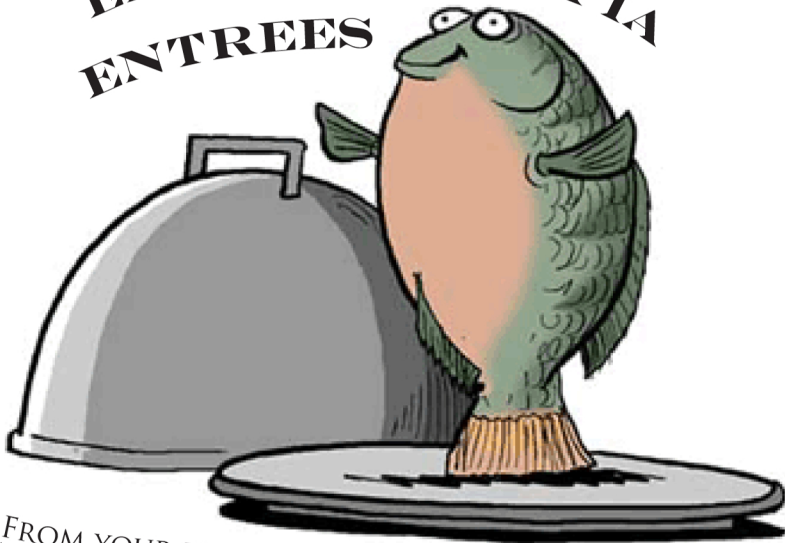


ENTICING TILAPIA ENTREES



FROM YOUR FRIENDS AT THE
AQUAFISH COLLABORATIVE RESEARCH SUPPORT PROGRAM

AquaFish Collaborative Research Support Program



AquaFish Collaborative Research Support Program (CRSP) builds on 26 years of successes and lessons learned from Oregon State University's Aquaculture CRSP.

Its mission is to enrich livelihoods and promote health by cultivating international multidisciplinary partnerships that advance science, research, education, and outreach in aquatic resources. Bringing together resources from host country institutions and US universities, the AquaFish CRSP emphasizes sustainable solutions in aquaculture and fisheries for improving health, building wealth, conserving natural environments for future generations, and strengthening poorer countries' ability to self-govern.

MARINATED GRILLED TILAPIA



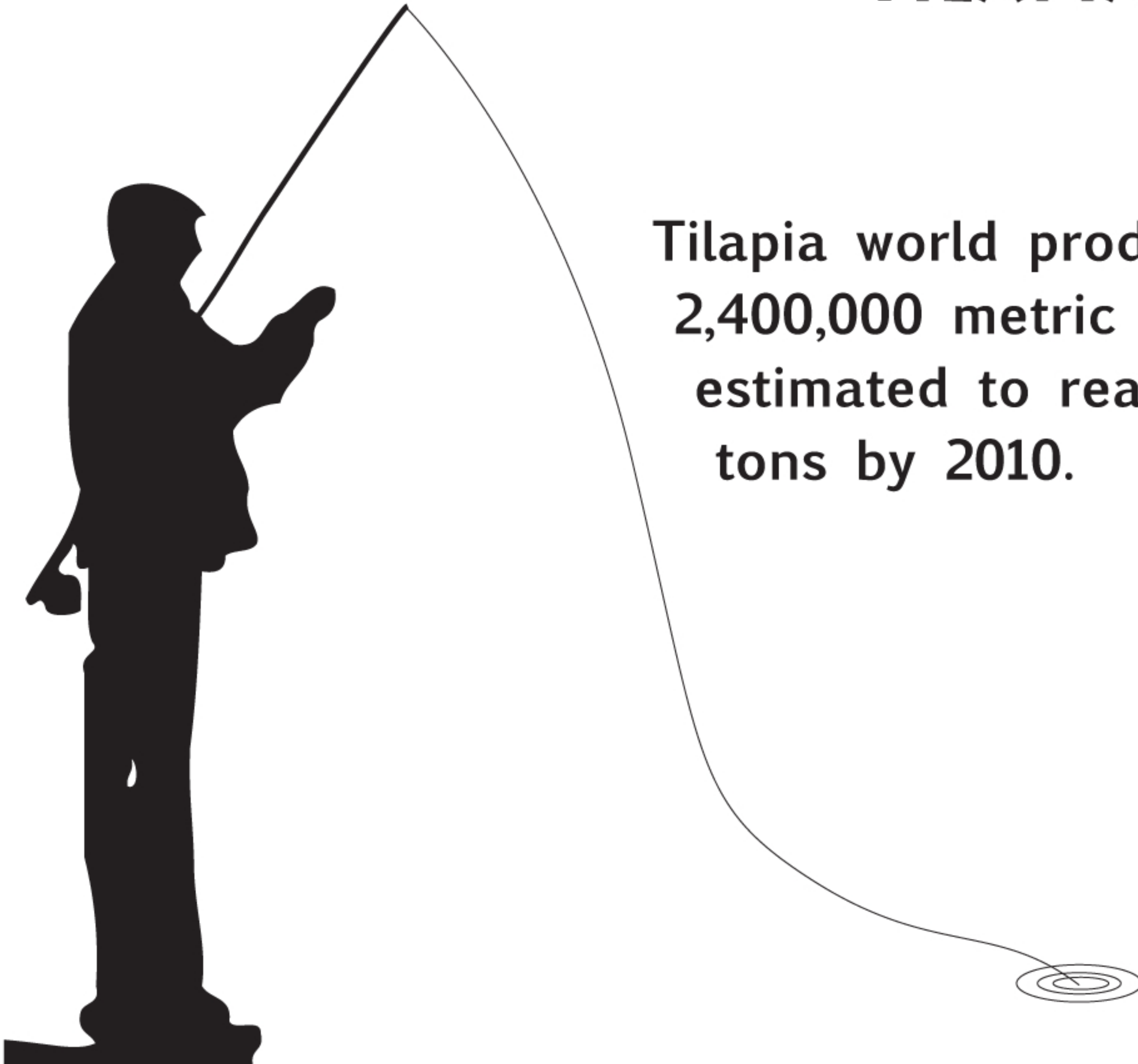
- 4 Tilapia fillets
- $\frac{3}{4}$ c Olive oil
- $\frac{1}{2}$ Lemon, juiced
- 1 Tbls Oregano
- $\frac{1}{2}$ tsp Black pepper
- $\frac{1}{4}$ c Red wine/balsamic vinegar
- $\frac{1}{2}$ c Finely chopped parsley
- 2 Cloves garlic, minced
- 2 Dashes Tabasco sauce

Combine all ingredients, except fillets, in a large jar and shake well. Marinate fish in the marinade for 30 minutes. Remove fillets from marinade. Place fillets on hot grill elevated above coals. Cook 2-3 minutes per side.

SHORT CUT: Use your favorite Italian dressing or barbecue sauce in place of the marinade recipe.

TILAPIA TRIVIA

Tilapia world production reached 2,400,000 metric tons in 2006 and is estimated to reach 3,000,000 metric tons by 2010.



TILAPIA MATANZAS

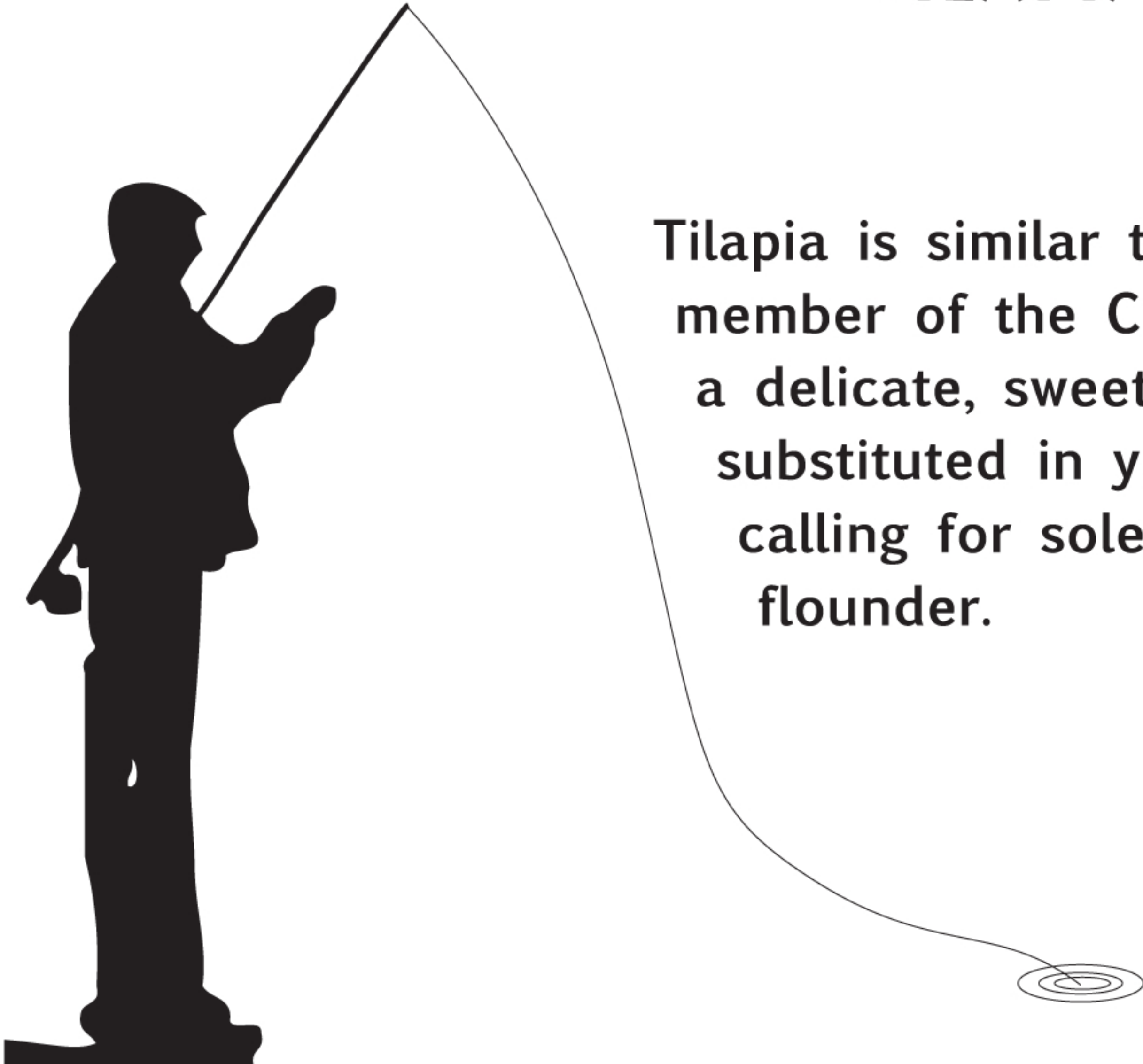


4-6 Tilapia fillets
2 Beaten eggs
4 oz Crabmeat
 $\frac{1}{4}$ c Softened butter
1 Tbls Lemon juice
1 Tbls Oil
Dash of Hot Pepper Sauce
Pinch of Salt

Add lemon juice, hot pepper sauce, and salt to softened butter and whip smooth. Place aside. Add oil to a sauté pan and bring to medium-high heat. Dip each fillet in egg and sauté for 2 minutes on each side. Place fillet on plate and top with 1 oz. Crabmeat. Finish with a dollop of lemon butter sauce. Place under broiler for 1 minute.

TILAPIA TRIVIA

Tilapia is similar to a perch and is a member of the Cichlid family. It has a delicate, sweet flavor and is easily substituted in your favorite recipes calling for sole, snapper, cod, or flounder.



TILAPIA WITH CUCUMBER-RADISH RELISH



4 (6-oz) Tilapia fillets
2/3 c Chopped seeded cucumber
1/2 c Chopped radish
1 tsp Vegetable oil
2 Tbls Tarragon vinegar
1/4 tsp Crushed dried tarragon
1/8 tsp Sugar
1/8 tsp Salt
2 Tbls Butter or margarine

Combine cucumber, radish, oil, vinegar, tarragon, sugar and salt in a small bowl. Let stand at room temperature while preparing fish. Melt butter in a large skillet over medium heat. Add fish and sauté for 2 to 3 minutes on each side, or until fish just begins to flake easily when tested with a fork. Transfer to serving plates. Spoon relish over each serving.

TILAPIA WITH GARLIC



4-6 Tilapia fillets

$\frac{1}{4}$ c. + 1 Tbls. Fresh lime juice

1 tsp Olive oil

1 Tbls Unsalted butter

5 Tbls Thickly sliced garlic

3 Tbls All-purpose flour

4 Tbls Chopped fresh cilantro

Salt & freshly ground
pepper

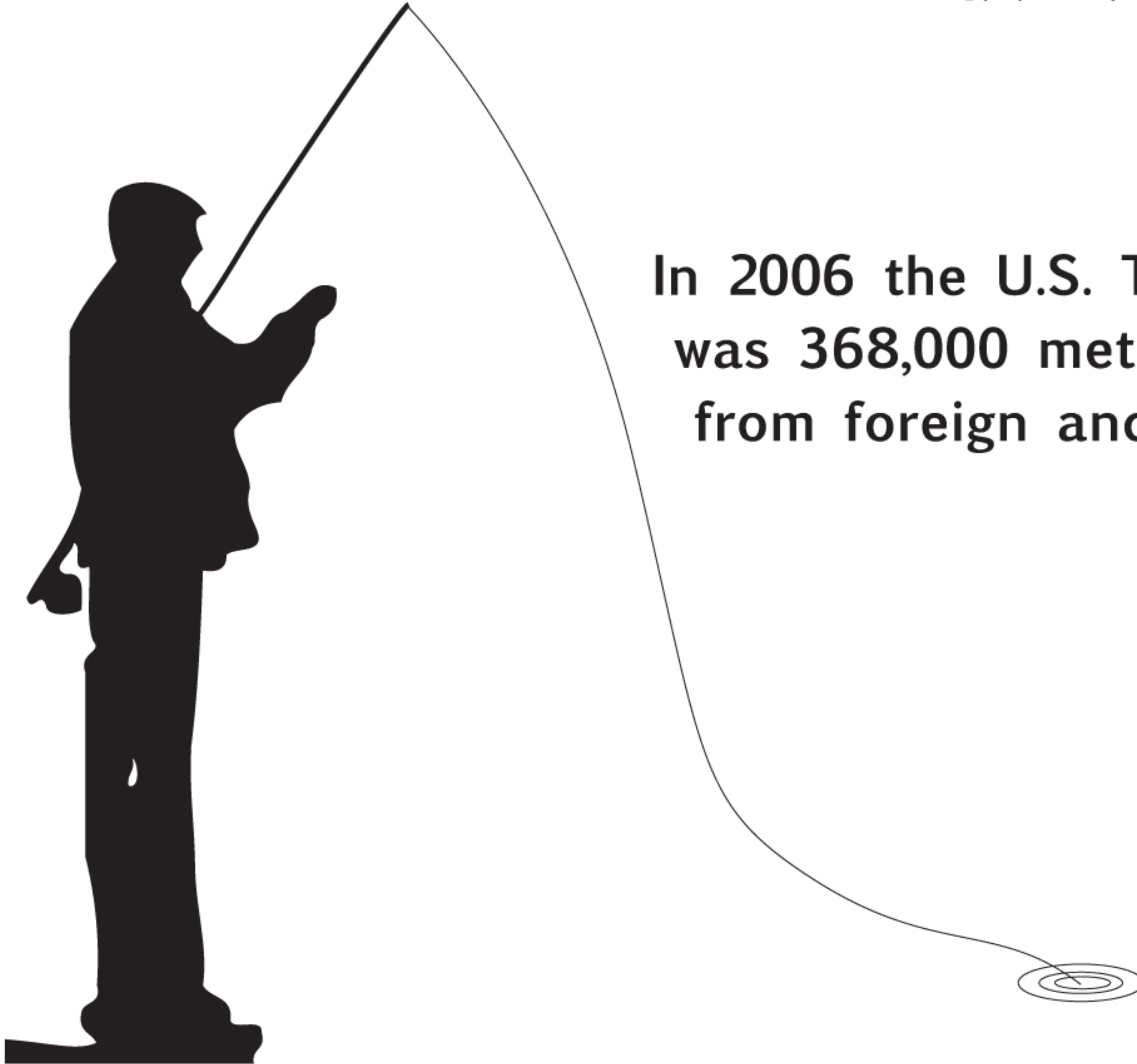
Rinse and pat fillets dry. Place in a 2" deep glass or enamel-coated dish. Sprinkle with lime juice. Cover with plastic wrap and refrigerate for 1 hour. In heavy skillet, combine oil and butter and heat over medium heat.

Add the garlic and sauté just until lightly browned. Using a slotted spoon remove garlic and set aside. Remove fish (reserve lime juice), pat dry with paper towel. Dust lightly with flour,

shaking off excess. Warm the skillet over medium-high heat, frying fish 2 to 3 minutes per side until brown and crisp outside and just done inside. Remove fillets to a warming dish. Reheat garlic, stir in lime juice, cilantro, salt and pepper. Heat just until the cilantro begins to wilt. Pour over the fillets and serve.

TILAPIA TRIVIA

In 2006 the U.S. Tilapia consumption was 368,000 metric tons of live fish from foreign and domestic markets.



TILAPIA IN BEER BATTER



4-6 Tilapia fillets
 $\frac{1}{2}$ Lemon, juiced
2 Tbls Chopped parsley
2 Tbls Cooking oil
Salt & freshly ground pepper
Oil for deep frying

BEER BATTER

2 Large egg yolks
 $\frac{1}{2}$ c Beer
 $\frac{1}{2}$ c Flour
 $\frac{1}{4}$ tsp Salt
 $\frac{1}{2}$ tsp Baking powder

Cut fillets into 2" pieces. Put in a bowl with lemon juice, parsley, 2 Tbls. cooking oil, and salt and pepper to taste. Heat oil for deep frying. Dip pieces of fish individually into batter, and then into hot oil. Cook, turning and submerging pieces in the oil until golden brown all over. Drain on paper towels.

WESPORT TILAPIA



4-6 Tilapia fillets
8 oz Stewed tomatoes,
drained & chopped
 $\frac{1}{4}$ c Chopped onion
4 c Dry white wine
3 Tbls Butter
1 Tbls Cornstarch
 $\frac{1}{2}$ lb Mushrooms, chopped
1 Small shallot, minced
 $1 \frac{1}{2}$ c Whipping cream, whipped

Combine tomatoes and onions. Cover and simmer 15 minutes. Poach tilapia in wine about 6-8 minutes. Transfer to serving dish to keep warm. Reduce wine to one cup. Combine 1 Tbls butter and cornstarch, whisk into wine reduction until smooth and mixture thickens. Sauté mushrooms and shallots in remaining 2 Tbls Butter for about 3 min. Stir in tomato mixture, spoon over fish. Fold in whipped cream into wine mixture and season to taste. Spread over fish. Broil until golden brown, about 1 to 2 minutes.

TILAPIA TRIVIA



Tilapia originated in Africa and was the first fish to be farmed by men (Egyptians raised them in ponds 2,500 years ago). Drawings of tilapia have been found on Egyptian tombs dating to 2,500 B.C.

SPICY GRILLED TILAPIA WITH AIOLI



2 lb Tilapia fillets
1 tsp Garlic powder
1 tsp Onion powder
1 tsp Cumin
2 Tbls Chili powder

AIOLI

Combine aioli ingredients in a bowl and refrigerate.

1 $\frac{1}{2}$ c Mayonnaise
6 Garlic cloves, pressed
1 $\frac{1}{2}$ Tbls Lemon juice
1 $\frac{1}{2}$ Tbls Dijon mustard
 $\frac{3}{4}$ tsp Dried tarragon

Spray grill rack with nonstick coating. Rinse tilapia water and pat dry with paper towels. Combine spices and sprinkle on both sides of fillets. Place on heated grill 4 to 5 inches from hot fire (can also broil in oven). Cook 4 to 5 minutes per inch (measured at thickest point); turn once halfway through cooking time. Serve with aioli.

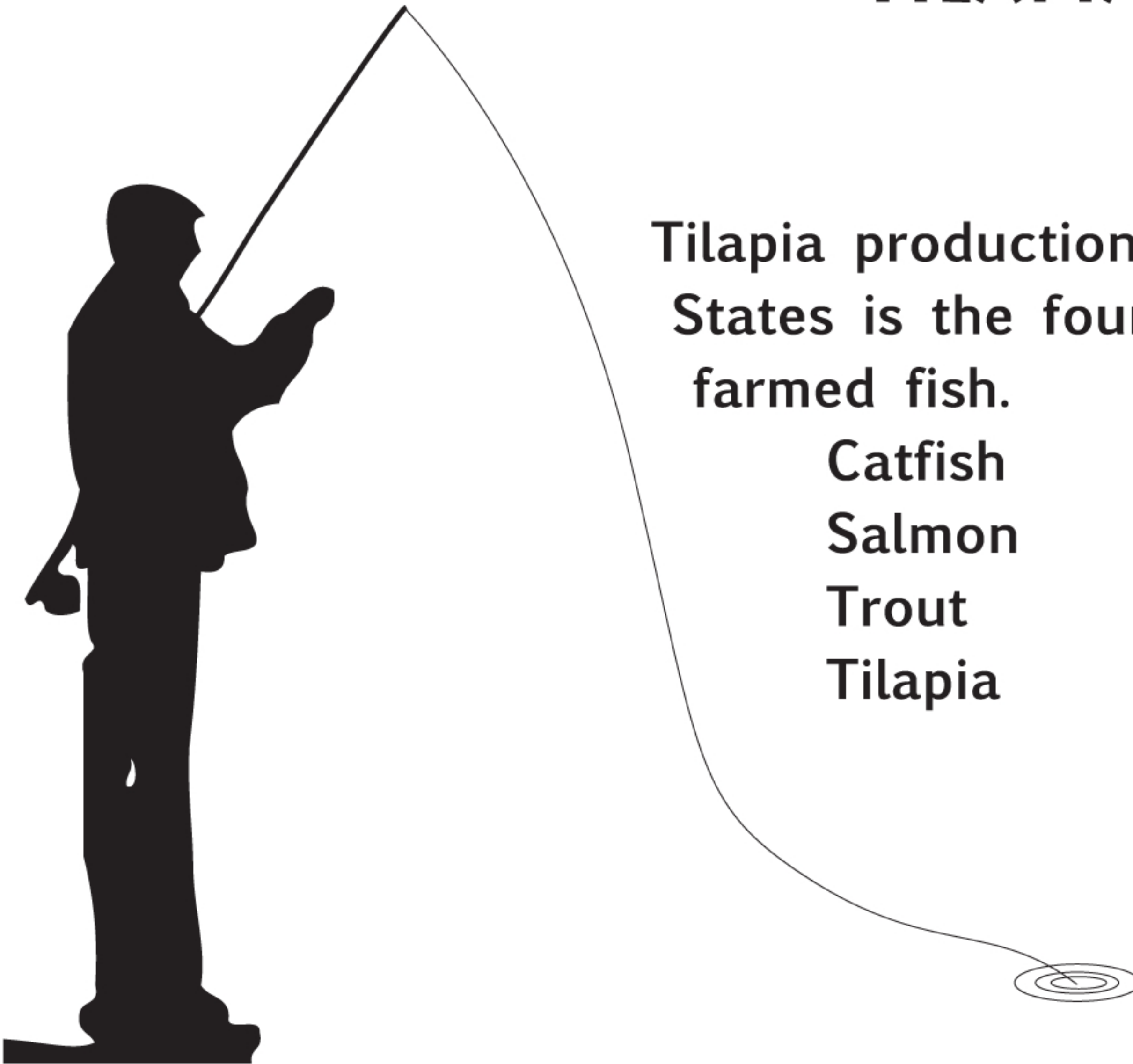
PAN-FRIED TILAPIA



4-6 Tilapia fillets
3 Tbls Flour
4 Tbls Peanut oil
4 Tbls Butter
1 Lemon, juiced
1 Tbls Finely chopped parsley
Salt and pepper to taste

Season tilapia with salt and pepper. Dust portions lightly with flour. Sauté the fish in peanut oil until they are nicely browned and cooked all the way through (about 2-3 minutes per side). When done, remove tilapia, drain oil, add lemon juice, butter and parsley. Whisk to blend. Pour over tilapia and serve.

TILAPIA TRIVIA



Tilapia production within the United States is the fourth highest among farmed fish.

Catfish	600,000,000+ lbs
Salmon	20,000,000+ lbs
Trout	60,000,000+ lbs
Tilapia	17,000,000+ lbs

SUMMERTIME TILAPIA



- 4-6 Tilapia fillets
- 2 Medium carrots
- 2 Celery stalks
- 1 Small red pepper
- 4 oz Butter
- 1 Tbls Lemon juice
- 2 Chopped garlic cloves
- $\frac{1}{4}$ c White wine

Julienne all of the vegetables. Cut four 10" sheets of foil. Place equal amounts of mixed vegetables in center of foil sheets. Place a fillet on top of each vegetable mixture. Top fish with equal parts of the remaining four ingredients. Bring together long sides of foil, crimp together to form a tight seal. Fold over remaining edges and form a tight seal. Cook on outdoor grill for 10-12 minutes on medium-high heat.

BLACKENED TILAPIA



4–6 Tilapia fillets
2 Tbls Paprika
2 tsp Salt
2 tsp Lemon pepper
2 tsp Garlic powder
1 1/2 tsp Ground red pepper
1 1/2 tsp Dried, crushed basil
1 tsp Onion powder
1 tsp Dried thyme
1 c Unsalted melted butter

Heat iron skillet on high for 5 minutes. Mix all seasonings in a bowl. Dip fillets in melted butter and coat with seasonings. Place fillets in hot skillet and cook for 2 minutes on each side.

TILAPIA TRIVIA



Due to its short life span and vegetarian feeding habits, tilapia contains very low levels of mercury compared to other popular fishes:

swordfish	98x
tuna	35x
halibut	25x
catfish	4x

TILAPIA PARMESAN SAUTE



4-6 Tilapia fillets
1 Tbls Olive oil
 $\frac{1}{4}$ c Grated parmesan cheese
2 Tbls Parsley flakes
2 Tbls Butter
1 Tbls Lemon juice
1 tsp Garlic powder

Mix Parmesan cheese, garlic powder, parsley flakes; set aside. Heat a large sauté pan and add olive oil, butter, and lemon. Sauté fillets 2-3 minutes per side until white and flaky. Sprinkle cheese mixture on fillets and sauté each side for another minute, then serve.

TILAPIA PICCATA



4-6 Tilapia fillets
 $\frac{1}{2}$ c Dry white wine
2 Lemons juiced
2 Tbls Chopped parsley
Salt to taste
2 Tbls Whole capers
1 tsp Minced capers
4 Tbls Flour
4 Tbls Sweet butter
4 Tbls Peanut oil

Preheat oven to 450 degrees. Dust fillets with flour and brown in a heavy skillet over medium heat in the peanut oil 2 minutes per side. Remove fish and drain excess oil. Deglaze the pan with the white wine add butter and capers. Place the fish back into the pan and bake for 5-7 minutes, until firm. When ready, place fish on warm plates and add the lemon juice, salt and parsley back into the pan. Mix well and pour over the fish and serve.

TILAPIA TRIVIA



Tilapia is an important source of protein, especially in developing countries. Tilapia make good candidates for farming, as they provide more protein than it takes to raise them.

Monterey Bay Aquarium

TILAPIA WITH LEMON AND CAPERS



4-6 Tilapia fillets
3 Large lemons
2 c Milk
1 c Flour
6 Tbls Peanut oil
5 Tbls Unsalted butter
 $\frac{1}{4}$ c Dried capers
2 Tbls Fresh chopped parsley

Peel lemons removing inner white membrane. Cut into segments and dice. Season flour with salt and pepper. Dip fillets in milk and coat with flour. Heat oil in large skillet, sauté fillets, brown on both sides for 4 to 5 minutes. Transfer to serving dish, keep warm. Wipe out skillet, add butter, brown slightly. Stir in lemons and capers and parsley, spoon over fish.

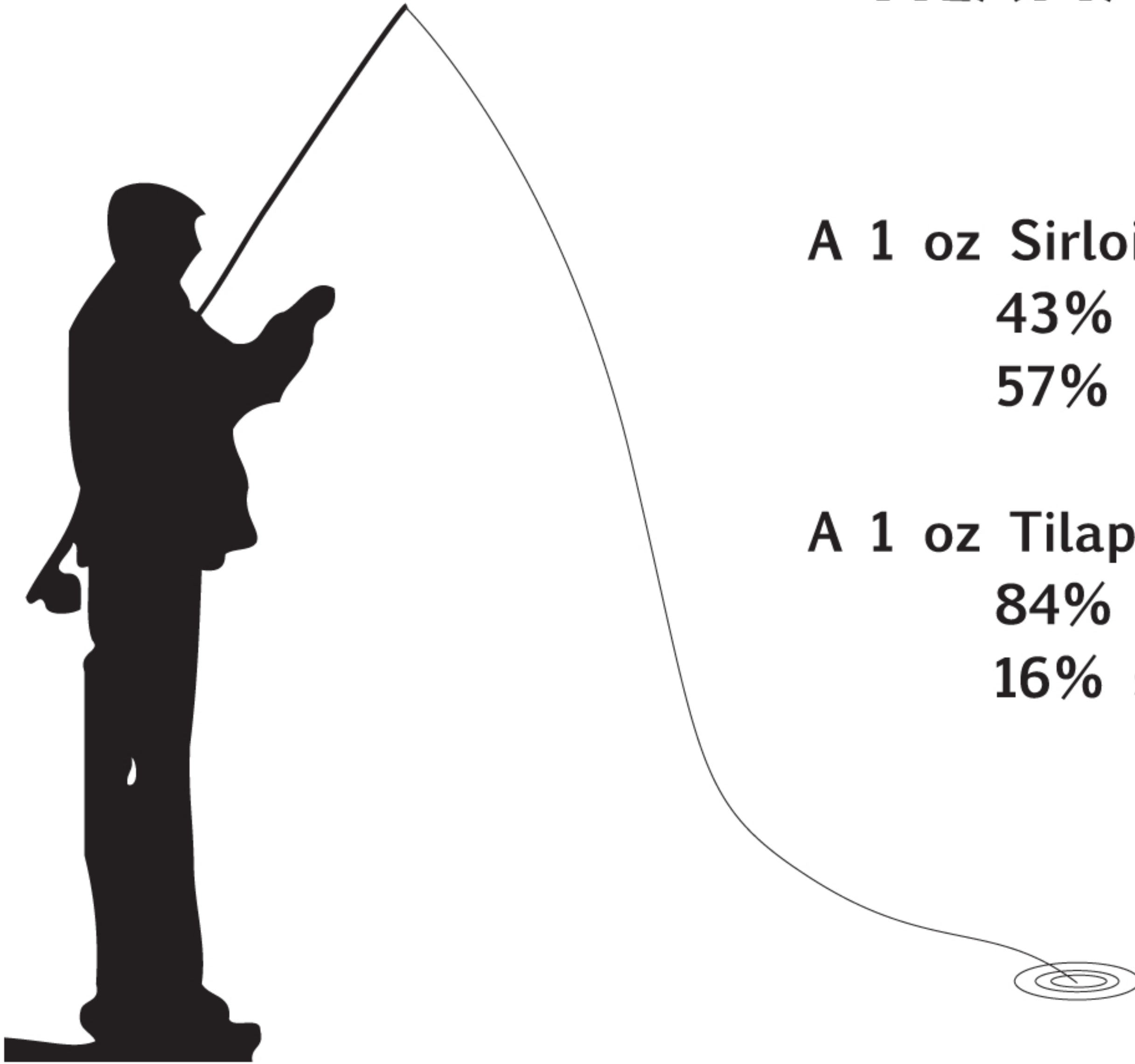
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TILAPIA TRIVIA



**A 1 oz Sirloin steak raw contains:
43% protein
57% saturated &
unsaturated fats**

**A 1 oz Tilapia raw fillet contains:
84% protein
16% saturated &
unsaturated fats**

TILAPIA POPEYE

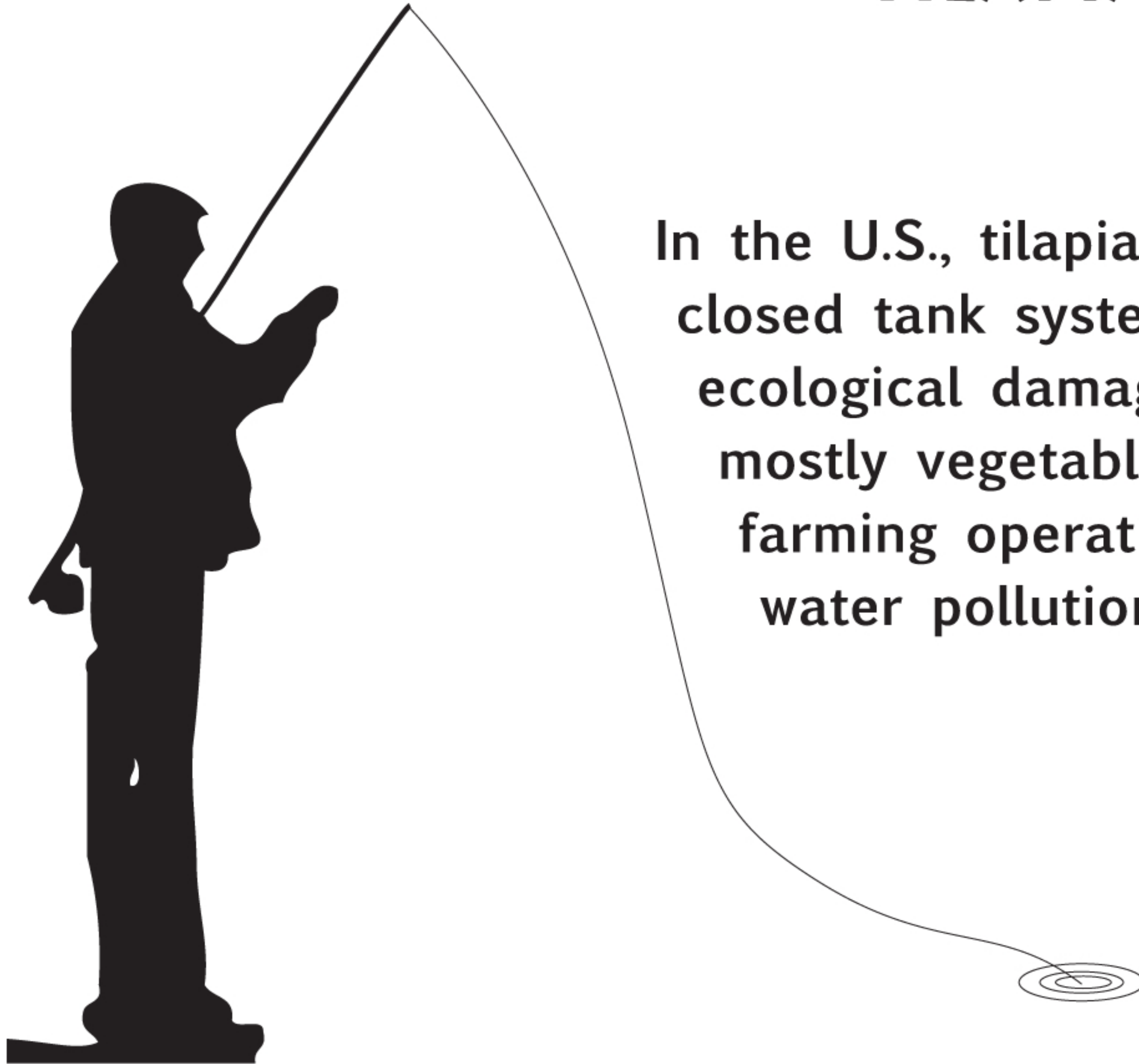


4-6 Tilapia fillets
10 oz Fresh, cleaned spinach
 $\frac{1}{4}$ c Softened butter
1 Tbls Lemon juice
1Tbls Chopped parsley
 $\frac{1}{2}$ tsp Salt
Dash of hot pepper sauce

Poach tilapia for 5-6 minutes.
Steam spinach for 1-2 minutes.
Add remaining four ingredients to the softened butter, whip smooth.
Arrange spinach on a plate. Then place tilapia on top of the spinach.
Finish with a dollop of the lemon butter on each fillet.

TILAPIA TRIVIA

In the U.S., tilapia are farm raised in closed tank systems, which do little ecological damage. They are fed mostly vegetable-based diets, and farming operations produce little water pollution.



TILAPIA BRUNO



- 4 Tilapia fillets
- 4 (1 oz) Slices x-sharp cheddar cheese
- 1 c Salt & pepper to taste
- Baby spinach leaves
- Phyllo dough

Cut phyllo dough in half (short way). Divide dough into four stacks of five sheets each. Place tilapia fillet in center of dough. Season with salt + pepper to taste. Top with spinach and cheese. Wrap dough around fish, cheese, and spinach, and tuck in ends. Flip over onto oiled sheet pan so folds are held together underneath by the weight of the fish. Lightly oil the dough. Cook at 350 degrees for 15 - 20 minutes.

NOTES: for a southwestern flair, use salsa in place of the spinach.

AQUAFISH

COLLABORATIVE RESEARCH
SUPPORT PROGRAM

Oregon State University
418 Snell Hall
Corvallis OR 97331
541-737-6426
aquafishcrsp.oregonstate.edu

The AquaFish CRSP is funded under USAID Cooperative Agreement
No. EPP-A-00-06-00012-00 and by the participating US and Host country institutions.



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