

Tilapia w/Cashew Crust & Rum~Butter Sauce



I had this fabulous dish at Parker's Lighthouse in Long Beach and it's now my favorite way to cook tilapia

Serves 4

1/3c cashews, toasted	2 eggs, well beaten	1 garlic clove, minced
1/4c Parmesan cheese, grated	3T butter	3T dark rum
1t olive oil	4 ~ 6oz tilapia filets	3T lemon juice
1T lemon juice	SAUCE:	1T honey
1/4t garlic powder (NOT garlic salt)	3T butter	1/2t salt ~ as needed
	1 shallot, minced	

Place cashews in food processor and process until they are very finely ground. Pour into small bowl ~ add Parmesan cheese, olive oil, lemon juice and garlic powder. Mix well.

Wash tilapia filets and dry well with paper towels. Melt butter in large skillet over medium~high heat. Dip tilapia in beaten eggs and then dredge in cashew mixture. Cook in hot butter 3~4 minutes per side until fish is golden brown and flakes easily with a fork.

Remove fish to plate and tent with foil to keep warm. Wipe skillet out with paper towels. Melt butter in skillet over medium~high heat. Add shallot and garlic and cook 1 minute. Reduce heat to low and whisk in rum, lemon juice and honey. Cook, whisking constantly for 1 minute. Check for seasoning and add salt if needed.

Strain through fine mesh sieve and serve sauce over tilapia.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by **meijer**

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