

Tilapia with Pink Peppercorn Beurre Blanc

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 20 minutes

Step 1: Making the Peppercorn Beurre Blanc

- 1 tbsp shallots
- 2 tsp pink peppercorns
- 8 tbsp unsalted, cold butter
- 2 tbsp vermouth
- 2 tbsp white wine vinegar
- lemon juice (to finish)
- sea salt, to taste
- white pepper, to taste

To prepare the beurre blanc, first mince the shallots. Crush the peppercorns using a small, heavy fry pan or mallet. Cut the cold butter into tablespoon-size pieces and set aside. Gather the vermouth and white wine vinegar.

Place a small saucepan over medium heat. Add the shallots, vermouth, white wine vinegar and crushed pink peppercorns. Bring to a simmer and reduce the liquid by about two-thirds until it reaches a syrupy consistency.

Turn the heat to the lowest setting and whisk in the cold butter one piece at a time to slowly form the emulsion.

Once all of the butter has been incorporated, season with salt and pepper. You may want to add a few more drops of lemon juice to brighten the flavor of the sauce, if needed.

Monitor the sauce closely while you cook the fish. Keep the sauce warm to the touch and whisk often to prevent it from splitting. You may need to turn the heat off and on to keep it at the correct temperature. The heat does not always need to be on, as the residual heat from the pan will keep it warm.

Step 2: Cooking the Fish

- 2 tilapia fillets
- 2 tsp grapeseed oil
- sea salt, to taste
- freshly ground black pepper, to taste

To prepare the fish, heat a non-stick fry pan over medium heat and add the oil.

Pat the fish dry and season both sides with salt and pepper. Place the fish, presentation-side down into the pan and pan fry until just golden; about 3 to 4 minutes per side, depending on the thickness of the fish. Once done, transfer to a plate.

Step 3: Straining the Sauce & Serving

- 1 tsp pink peppercorns

Before serving the sauce, strain it to remove the crushed peppercorns. For nice presentation, whisk in whole pink peppercorns.

Pour over the fish and serve immediately.