

CITRUS TILAPIA

UTENSILS:

Small Skillet, Paring Knife

INGREDIENTS:

- 2 Slices Lemon
- 2 Slices Lime
- 2 Slices Orange
- 2 Large Tilapia Fillets, fresh
- Darn Good Seasoning (or your favorite all purpose seasoning)

DIRECTIONS:

Place the citrus slices in the bottom of the small skillet. Season the tilapia with darn good on both sides. Place fillets on the citrus slices and cover. Cook on medium heat, whistle open. When the whistle sounds, close the valve, and reduce the temperature to low. Continue to cook for 8-10 minutes.

ORANGE & BASMATI RICE

UTENSILS:

2 quart saucepan

INGREDIENTS:

- 4 tablespoons slivered almonds
- 1 cup white basmati rice
- 1 teaspoon olive oil
- 1 3/4 low sodium chicken stock
(1 1/2 cups if you like firm rice)
- Zest of One Large Orange (#1 Cone)

DIRECTIONS:

Warm the 2-quart pan on medium for a minute and add the slivered almonds. Stir the almonds continuously until they get a light brown color. Remove the almonds from the pan and reserve in a bowl. Let the pan cool for a few minutes then add the water or stock and the rice, oil and sea salt to the liquid. Cover, whistle open, and cook on Medium heat until the whistle sounds. Close the valve, and turn the burner to Low. Allow to cook for 15 minutes on low. Remove lid, fluff rice with fork and stir in orange zest and almonds. Serves two people.

