

Episode #11

(Filetti di Tilapia in camicia di melanzane)

Filet of Tilapia wrapped in Eggplant

(Serves 4)

Ingredients:

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|----------------|-------------------------------|
| 1 ¼ Lb. | filet of tilapia |
| 12 slices | eggplant, 1/8" thick (3-4 mm) |
| 1 | whole egg, beaten |
| | flour for dredging eggplant |
| 2 + 3 tbsp | Evo |
| | pinch of oregano |
| 2 tsp. or 10ml | chives, chopped |
| | salt and pepper |

Ingredients for sauce:

| | |
|------------------|-----------------------------|
| 3 Tbsp or 45 ml. | Evo |
| 3 Tbsp or 45 ml. | shallots, finely chopped |
| 2 med . | ripe tomatoes, |
| | - <i>peeled and chopped</i> |
| 3 filets | anchovies |
| 2 | bay leaves |
| ¾ cup or 175 ml | water |
| | salt and pepper |

Method: Preheat oven at 375°F

1. Cut the tilapia into 12 pieces and season with oregano, chives, salt and pepper and and 2 tablespoons of **Evo** and set aside.
2. In preparation of the eggplant, drizzle the slices of eggplant with the **Evo** then dip the slices into the beaten egg. Remove from the egg mixture and dredge both sides in flour. Place the eggplant slices on a baking dish and bake for 15 minutes until the slices are soft.
3. Remove from the oven and cool. When the eggplant has cooled, wrap each filet (tilapia) with the eggplant and place on a baking tray with parchment paper and bake for 15 minutes. Set aside.

Method for sauce:

4. In a skillet over medium heat add **Evo** and shallots. Sauté until translucent.
5. Add the filet of anchovies. When the anchovies have dissolved add the tomatoes, bay leaves and water. Cook for 10 to 15 minutes to evaporate the half cup of water and adjust taste with salt and pepper.
7. Place the fish on a serving dish and warm in the oven. Pour sauce over fish and serve.

EVOO = Extra Virgin Olive Oil

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