



SICILIAN FISH IN FOIL

Serves 3, Serving Size 1 small fillet

Ingredients

1 fish steak or filet(s), about 1½ inches thick, about ¾ pound
 a little flour for dusting the fish
 2 tablespoons extra-virgin olive oil
 1 small onion, scrubbed with clean vegetable brush under running water and chopped finely
 1 small garlic clove, chopped finely
 1 tablespoon golden raisins, plumped in hot water
 1 tablespoon pine nuts, chopped coarsely
 1 celery stalk, chopped fine
 1 tablespoon capers, rinsed and drained
 6 large green olives, pitted and coarsely chopped
 2 canned plum tomatoes, chopped
 freshly ground black pepper

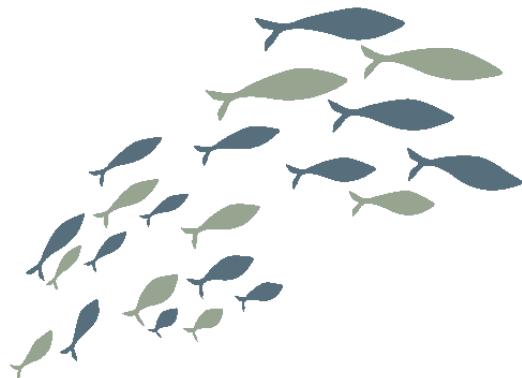
Sicily is an island off the coast of Italy. This island's foods and flavors have been influenced by travelers from Spain, Greece and Arab countries. The pine nuts and golden raisins in this recipe are an example of Arabic cooking using dried fruits and nuts. Sicilian flavors are a balancing act of sweet, sour, and salty flavors.



Directions

1. Preheat oven to 425 F. Wash hands with soap and water.
2. Dust each side of the fish steak lightly with flour, shaking off the excess. Wash hands with soap and water after handling uncooked fish.
3. Heat 1 tablespoon oil in a sauté pan over medium-high heat and sauté the fish quickly just until golden on each side. Remove fish and set aside.
4. Reduce heat and sauté onion in the oil remaining in the pan (or add additional oil if necessary) until soft. Add garlic and cook for another minute.
5. Add raisins, pine nuts, celery, capers, and olives and cook for 2 to 3 minutes. Add the tomatoes, raise the heat slightly, and cook over medium heat for another 2 to 3 minutes, until sauce is thick.
6. Place fish in a large square of aluminum foil or parchment paper. Pile the sauce on top, add pepper, and fold up the ends of the foil to form a loose but tightly sealed packet. Place fish packet in a cookie sheet or in a shallow baking pan.
7. Bake for 15 minutes or until fish reaches a temperature of 145 F.

Nutrition (1/4 pound tilapia): Calories 278, Protein 25g, Carbohydrate 12g, Fiber 1g, Total fat 15g, Saturated fat 2.5g, Monounsaturated fat 8g, Sodium 420mg, Potassium 451mg, Vitamin D 4mcg



Food Safety

Pregnant women should avoid king mackerel, marlin, orange roughy, shark, swordfish, tile fish from the Gulf of Mexico, and big-eye tuna because of their high mercury content.



Fatty fishes are good sources of omega 3 fatty acids. These include salmon, herring, mackerel, trout, anchovies, and sardines.

Eating fish higher in omega-3 fatty acids may help reduce bad cholesterol and the risk of heart disease, improve mental performance, and reduce joint pain if you replace foods that are high in saturated fats.

Try eating fish, including oily fish, at least twice a week.

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Chop onion, garlic, pine nuts, celery, olives and tomatoes.

Soak raisins in a small amount of water.

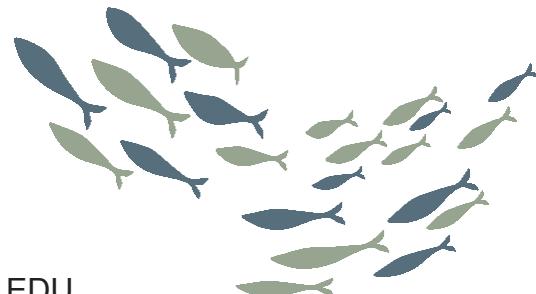
Combine raisins, pine nuts, celery, capers, and olives in a small bowl.

Set ingredients out in the order in which they will be used.

Everything in Its Place

Money Saving Tips

- Any type of firm white-flesh steaks or fillets work for this recipe. Buy the kind of fish you enjoy at sale prices.
- Pine nuts provide crunch but can be a little pricey. If your grocery store sells pine nuts in bulk, buy just a tablespoon or two. If you don't have pine nuts on hand, try another nut.
- Golden raisins provide a good balance of sweet with the sour and salty flavors of other ingredients. If you don't have golden raisins on hand, regular raisins will work.
- Capers are edible flower buds that come from the caper bush. They provide a salty flavor to this dish because they are often prepared in a brine. Refrigerate extra capers and use them in sauces such as a lemon caper sauce popular in Greece.



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