

# MARYLAND FARM & HARVEST

## **The Local Buy recipe, Episode 901**

### **Lemon Garlic Tilapia**

- 2 medium tilapia filets (about 1 lb)
- ¼ cup apple cider vinegar
- 2 quarts icy cold water
- Kosher salt
- Freshly ground black pepper
- 5 tbsp. butter, melted
- 2 cloves garlic, minced
- ¼ tsp. crushed red pepper flakes
- 1 lemon, cut into rounds
- ½ lemon, juiced and zested
- Freshly chopped parsley, for garnish



- Preheat oven to 400 or preheat grill on medium-high.
- Combine apple cider vinegar and 2 quarts icy cold water in a large container. Soak tilapia filets in mixture for 15 minutes. Remove, rinse, and pat dry.
- Season fish with salt and pepper. Place each fillet in an aluminum foil pouch.
- Mix together butter, garlic, red pepper flakes, lemon juice, and lemon zest. Then pour mixture on top of fillets. Place sliced lemon on top.
- Seal foil packets and cook in oven at 400 or on grill. Cook 10 to 12 minutes, or until fish is fork tender.
- Garnish with fresh parsley and serve immediately.