



TILAPIA FILLET ON A CEDAR PLANK Serves 4

(ON THE SHOW WE DID THESE IN FOIL PACKETS, BUT PREFER THE PLANK METHOD IF YOU HAVE A CEDAR PLANK AVAILABLE. OPTIONAL FOIL PACKET DIRECTIONS IN BODY OF RECIPE)

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| 2 pounds tilapia fillets | 1 tablespoon apple cider vinegar |
| 1 cup extra virgin olive oil | 1 teaspoon savory |
| 1 small onion, chopped | 1 teaspoon red pepper flakes |
| 1 bell pepper, chopped | 1 teaspoon sea salt |
| juice of 1 lemon | 1 cedar plank |
| juice of 1 lime | |

Soak cedar plank in water overnight. Drain plank and drizzle with olive oil.

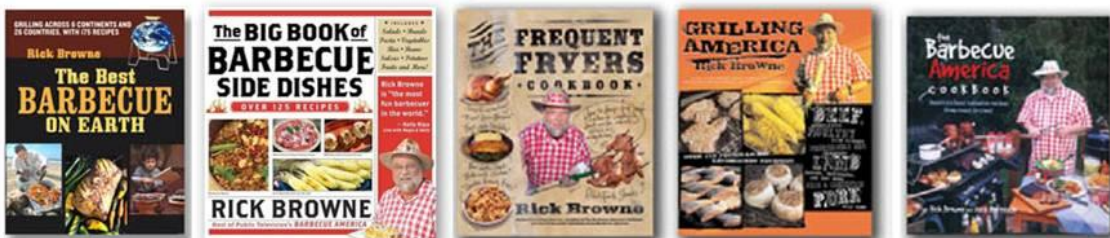
Combine all of the ingredients except fish together in bowl. Mix them well until the salt dissolves. Place tilapia filets in a sealable plastic bag in a glass dish and cover the fillets with marinade. Turn bag over once or twice to coat both sides during a 30-minute marinating period.

Preheat your barbecue grill to high. Pour marinade into a saucepan and bring to a boil, boiling for 12 minutes, then cool to use as baste.

Grill tilapia fillets on oiled cedar plank in the center of the grill over high heat for about 17-20 minutes or until the fish flakes easily and has an even appearance all the way through. Baste once or twice with the sauce.

If using the foil packet take a double layer of foil about a foot square, place fish in center of packet, seal well and grill for 5-7 minutes on medium hot grill.

The board will probably smolder and smoke, that's what's supposed to happen. If it catches fire douse it with a sprayer filled with water.





Remove the whole plank, or foil packet, from the barbecue and place on serving tray over hot pads on the table for a superb presentation. Serve fillets directly from the charred plank, or aluminum foil packet, with small bowl of sauce on the side, garnished with lemon and lime slices.

