

AQUACULTURE 101

WITH BARTON SEAYER

Tilapia Ceviche

Serves 4

1 pound Regal Springs Tilapia fillet, cubed

Salt

1 slice fresh ginger

1 clove garlic, halved

1 1/2 cups fresh lime juice

4 tablespoons slivered almonds, toasted

2 tablespoons raisins

1 fresh chile pepper, such as Fresno or serrano, very thinly sliced (optional)

1 red onion, very thinly sliced (about 2 cups), rinsed briefly under cold water

1 cup loosely packed tarragon or chervil leaves

Lightly season the diced fish with salt and let sit for about 5 minutes. Dip the fish in a bowl of cold water to rinse off the salt. Pat dry. Rub the sides of a bowl with the ginger and garlic to aromatize it and discard. Add the lime juice, almonds, raisins, chile, if using, and a pinch of salt. Stir to dissolve the salt and let sit for 5 minutes. Add the fish and toss to coat. Refrigerate for 10 to 15 minutes. Add the onion and mix well, taking care not to break up the fish. Refrigerate for 5 minutes. Add the herbs and toss to combine. Divide among individual dishes and spoon any remaining juices over the dishes.

Thursday, June 23, 2021 11:00AM PST

AQUACULTURE 101

WITH BARTON SEAYER

Tilapia Tacos

Serves 4

2 each whole Regal Springs Tilapia, scaled and gutted
corn tortillas

6 cloves garlic, smashed or sliced

1 dried chile, such as Ancho or Nora, seeds removed, super thinly sliced

1 bunch radishes, thinly sliced

Vegetable oil, enough to come about 1/3 way up the sides of a large pan

Spicy chilis, such as Fresno or jalapeño, thinly sliced

1 avocado, pitted, peeled, and diced

1/2 bunch cilantro, leaves only

Pickled red onion *recipe follows

Score the skin of the fish and season generously with salt. Toast the corn tortillas in a heavy dry pan over medium heat until toasted yet pliable. Keep warm in a kitchen towel. For each taco, stack two tortillas together. Heat the oil in a large saute pan big enough to hold the fish. When the oil reads 325-350 degrees, as measured with a thermometer, carefully place the fish in the pan and let cook 4-5 minutes before carefully flipping and cooking another 3-5 minutes. Be sure to keep the oil temperature near 350, adjusting the heat as needed after adding the fish. Remove the fish when the skin is crispy and the flesh is cooked through when peeled back with a knife. When the fish are out of the oil turn off the heat and add the garlic cloves and cook until crisp. Add the chile threads and cook 30 seconds. Remove the chile and garlic from the oil and scatter over the fish. Serve with the garnishes alongside and let everyone build their own tacos just the way they like.

Thursday, June 23, 2021 11:00AM PST

AQUACULTURE 101

WITH BARTON SEAVER

Tilapia Tacos

*Pickled Red Onion
Makes about 1 cup

½ cup wine vinegar
¼ cup water
2 teaspoons sugar
2 teaspoons kosher salt
1 red onion, thinly sliced

Bring the vinegar, water, sugar, and salt to a boil. Pour the hot mixture over the onion slices and press them down to make sure they are submerged. Let sit at least 20 minutes and up to overnight. Drain the onions to serve.

Thursday, June 23, 2021 11:00AM PST

AQUACULTURE 101

WITH BARTON SEAYER

Broiled Regal Springs Tilapia with Avocado-Orange-Chile Salsa

Serves 4

4 Regal Springs tilapia portions
salt
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
1/4 cup extra virgin olive oil, divided use
2 oranges, segmented
1-2 chiles such as jalapeño or Fresno, thinly sliced
2 ripe avocados, diced

Preheat broiler to high. Season fish with salt, cumin, and coriander. Place in an oven-proof dish and drizzle with 2 tablespoons olive oil. Place directly under the broiler (as close to the flame as you can get it) for 6-8 minutes.

Meanwhile, combine oranges, chiles, avocados and remaining olive oil. Toss to combine and season with salt.

Remove fish from broiler and plate with salsa over top. Serve immediately.

Thursday, June 23, 2021 11:00AM PST