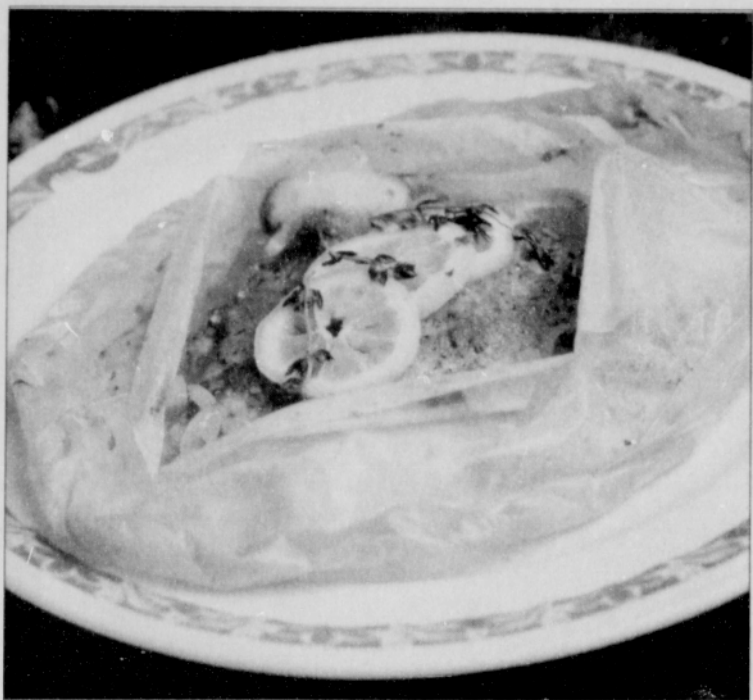


Tilapia Swims to Top 10 List for Seafood



Tilapia Fish in a Bag (Courtesy of Red Lobster)

Ingredients (makes 4 servings):

- 8 sheets parchment paper
- 4 servings Vegetable Mix (see recipe below)
- 12 lemon wheels, each cut into 1/4" pieces
- 4 thyme springs, approximately 3-5" each
- 1 tsp. Chef Paul Prudhomme's Blackened Redfish Magic™
- 4 8-10 oz. pieces of tilapia, skin off

Vegetable Mix Recipe:

- 1 medium red onion, cut into half slices
- 1 medium red pepper, cut into 1-1 1/2" x 1/4" strips
- 2 stalks of celery, sliced into 1/4" pieces
- 8 oz. carrot slims
- 2 tbsp. of McCormick's "It's a Dilly" Seasoning Blend™
- 2 baking potatoes
- 2 tsp. kosher salt
- 1 tsp. black pepper
- 2 tbsp. fresh thyme, chopped
- 1 tsp. Chef Paul Prudhomme's Vegetable Magic

PREPARATION

Vegetables:

Wash all vegetables. Peel the onion and cut in half. Slice into 1/4 inch half moons. Cut the red pepper into 1-2 inch long by 1/4 inch wide strips. Trim the celery and cut into 1/4 inch pieces. Cut the potatoes in half in the middle and six wedges. Steam potatoes for approximately 8 to 10 minutes or until tender. Cool in ice water to stop cooking. Once cooled, drain well. Place all vegetables into a mixing bowl. Add the following to the vegetables: *It's a Dilly* seasoning blend, kosher salt, ground pepper, chopped thyme and Chef Paul Prudhomme's Vegetable Magic. Mix well.

Fish:

Make 3 to 4 1/4 inch slices approximately 1/2 inch apart. This will ensure even cooking. Brush the tilapia with liquid butter and then season with kosher salt. Lightly sprinkle Chef Paul Prudhomme's Blackened Redfish Magic on the fish. Layering the Bag: Brush each piece of parchment paper lightly with liquid butter (one side only). Place 1/4 of the vegetable mixture in the center of one sheet of parchment paper. Place one piece of tilapia on top of the vegetable mixture. Place three lemon wheels across the fish. Place one large thyme sprig on top. Repeat with the other three pieces of fish.

Sealing the Bag:

Place one sheet of the buttered parchment paper on top of the tilapia. Crimp the two sheets of parchment paper like a piecrust until the bottom and the top are completely sealed. Repeat with the other three pieces of fish.

Cooking:

Place the bags of tilapia onto a cookie sheet. Cook in a 450-degree oven for approximately 12 to 15 minutes. To check the temperature, insert a probe into the side of the bag until you have reached the middle of the fish. The temperature of the fish should be between 140-150 degrees. Place the bag onto a plate. Slice the parchment open right at the table to enjoy!

Warm Winter Days with Chili

Costa Mesa Chili (6 servings)

On a chilly winter day, nothing tastes better than a warm bowl of chili. The following recipe, which was awarded the blue ribbon at the World's Championship Chili Cook-Off, is featured in *The Old Farmer's Almanac's Blue Ribbon Recipes*.

- 2 cans (10-1/2 ounces each) chicken broth, divided
- 1/2 cup tomato sauce
- 3 tablespoons pure California chili powder
- 1 tablespoon pure New Mexico chili powder
- 3 tablespoons Gebhardt chili powder
- 2 tablespoons ground cumin
- 1 teaspoon salt
- 3 teaspoons oil (approximately), divided
- 1 small onion, chopped
- 5 to 7 cloves garlic, minced
- 2-1/2 pounds tri-tip or bottom sirloin, cut into 1/4-inch cubes or coarsely ground
- 1/2 to 1 teaspoon Tabasco (to taste)

Note: You may substitute 7 tablespoons good-quality chili powder in place of the three specific types mentioned.

In a large pot, combine 1-1/2 cans of the broth, tomato sauce, chili powder, cumin, and 1 teaspoon salt. Bring to a boil, then reduce the heat to a simmer.

Meanwhile, in a large skillet, heat 1 teaspoon of the oil and saute the onion and garlic over low heat until tender. Add to the sauce. In the same skillet, adding oil as needed, saute the meat, one-third at a time, until no longer pink. Add to the sauce. Bring to a boil, reduce the heat, and simmer for 2-1/2 hours, adding more chicken broth as needed. Thirty minutes before serving, add the Tabasco and salt to taste.

Tilapia, a fish that is relatively new to American consumers, has ridden the wave of popularity to become one of America's top seafoods. This hardy fish that has a sweet, mild flavor and a firm, flaky texture is now the sixth most popular seafood consumed in the United States.

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