

Coconut Tilapia with Tangy Dipping Sauce

Recipe By *Esther Deutsch*



Cooking and Prep:  1 h

Serves:  6

Contains:   

Preference: Parve

Difficulty: Easy

Diet: Pescetarian

Source: Whisk by Ami

Magazine

Ingredients (16)

Tilapia

- 4 (4-ounces) fillets tilapia
- 1/2 cup cornstarch
- 2 eggs, beaten
- 1 and 1/2 teaspoons garlic powder
- 1 and 1/2 teaspoons onion powder
- 1 teaspoon cayenne pepper

- 2 teaspoons **Haddar Kosher Salt**
- 1/4 teaspoon freshly ground black pepper
- 3/4 cup coconut flakes
- 3/4 cup fine ground coconut
- canola or peanut oil, for frying

Dipping Sauce

- 1/2 cup **Tuscanini Apricot Jam**
 - 1 tablespoon **Haddar Dijon Mustard**
 - 1 tablespoon white horseradish, drained
 - 1 tablespoon **Haddar Teriyaki Sauce**
 - 2 good dashes hot sauce
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Start Cooking

For the Fish

1. Cut tilapia into strips three-quarters of an inch wide (yielding approximately four strips per slice). Cut the top and bottom to make a neat rectangular shape.
2. Prepare three bowls. In the first bowl, place the cornstarch. In the second bowl, beat or mix eggs very well with garlic powder, onion powder, cayenne pepper, salt, and pepper. In the third bowl, combine ground coconut with the coconut flakes. Coat tilapia in cornstarch, then follow by coating completely with egg mixture. Finally, coat tilapia well on both sides with coconut mixture.
3. Heat oil in a frying pan over medium-high heat. Fry tilapia on both sides until golden brown, approximately four to five minutes per side, flipping halfway through. Make sure that oil is very hot before frying, otherwise the fish will stick to the pan. Remove and drain tilapia on paper towels.

For the Sauce

- 1.

Combine all ingredients and serve with tilapia.