

Asian-Glazed Tilapia-from The Frugal Girl



- 1 pound tilapia or other mild fish fillets
- 2 teaspoons cornstarch
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons dry white wine (I use cooking wine because I am just that sophisticated)
- 2 tablespoons vinegar
- 2 tablespoons soy sauce
- 4 teaspoons sugar
- 2 teaspoons roasted sesame oil
- 2 tablespoons vegetable oil
- 2 teaspoons finely chopped garlic
- 1 teaspoon finely chopped gingerroot

Pat fish dry with paper towels. Mix cornstarch, salt, and pepper; sprinkle evenly over both sides of fish. Cover and refrigerate for 20 minutes.

Mix wine, vinegar, soy sauce, sugar, and sesame oil together in a small bowl.

Heat a large skillet until it's very hot, then add 2 tablespoons vegetable oil. Add fish and cook on both sides until fish is browned and flakes easily with a fork. Remove fish from pan.

Add garlic and gingerroot to pan and cook 30 seconds. Add soy sauce mixture.

Return fish to pan and cook for 1-2 minutes, spoon glaze over top of the fish.