

The Perfect Dinner Party Calls For Easy Tilapia With Fresh Herb-Pistachio Butter

(NAPSA)—Planning your next dinner party menu can be simple when flavor-enhancing ingredients are at the core of your creations. Once considered complicated and time-consuming, the sit-down dinner party has made a comeback, as has all at-home entertaining. In fact, according to a Yankelovich Monitor® study, more than 50 percent of us open our homes to friends on a regular basis.

“When planning a dinner party, experts regularly rely on entertaining essentials—style, personality and quality ingredients like butter, nuts and herbs—to take the fuss out of cooking and put flair back into a meal,” says Art Smith, celebrity chef and 2002 James Beard award-winning author of *Back to the Table: The Reunion of Food and Family*.

For starters, set out warm rolls with an array of savory, flavored butters made with fresh herbs and a tray of aromatic nuts, roasted in honey glaze or cinnamon. Easy to do, these special touches will impress guests and eliminate complicated hors d'oeuvres.

Entertaining Made Easy

Partnering with Dairy Management Inc. (DMI), on behalf of the American Butter Institute, Art Smith has developed an easy-to-prepare, elegant dinner party dish excellent for entertaining.

Preparation for Smith's special oven roasted tilapia with fresh herb-pistachio butter and baby spinach, can be completed up to a week ahead, freeing up more time to spend with your guests. Once the herb-pistachio butter is complete, refrigerate or freeze it until ready to use. The fillets cook in minutes and



when placed atop the baby spinach and served with wild rice or risotto, make for an eye-catching meal.

“The pistachio-herb butter, drizzled over the top and down the sides of the tilapia, adds color and texture to the entrée, while enhancing the flavor of the fish,” says Smith.

Cap off your meal with scrumptious desserts. Visit www.butterisbest.com for an array of sweet treats, such as white chocolate truffle tarts and apple cinnamon butter cookies.

Tilapia with Fresh Herb-Pistachio Butter and Baby Spinach Makes 6 servings

Herb-Pistachio Butter:

- 12 tablespoons (1½ sticks) unsalted butter
- ½ cup finely chopped pistachios
- 1 tablespoon chopped combination of parsley, basil and thyme
- ¼ teaspoon salt
- ¼ teaspoon pepper

For Fillets:

- 6 tilapia fillets
- salt and pepper
- ½ cup flour

- 2 tablespoons butter
- 1 tablespoon extra-virgin olive oil
- 2 bags (10 ounces each) baby spinach

For herb-pistachio butter, mash butter, pistachios, herbs, salt and pepper in a bowl. On parchment paper, form butter into a thick log and wrap. Refrigerate at least 1 hour. (Butter can be prepared 1 week ahead and refrigerated, or frozen, over-wrapped in aluminum foil, for up to 2 months.)

Position a rack in the center of oven and preheat to 350° F.

Season tilapia with salt and pepper and coat with flour. Heat 1 tablespoon of butter and 1 tablespoon of oil in a non-stick skillet over medium-high heat. Add the fish, three fillets at a time, and cook, turning once until golden on both sides, about 4 minutes. Transfer fish to a 10 x 15-inch baking pan.

Slice the herb-pistachio butter into 12 equal pats. Place 2 pats on each fillet. Bake until tilapia is opaque and flakes with a knife, about 8 minutes.

In another skillet, heat remaining 1 tablespoon butter over medium heat. In batches, add spinach, stirring until each batch wilts before adding more. Cook until tender, about 5 minutes. Season with salt and pepper.

Divide spinach among dinner plates; place fillet on top. Serve immediately.