

SWAI FISH WITH CAPERS



EQUIPMENT

Pan
Stove
Turner

INGREDIENTS

Swai, enough for everyone
Sea salt
Black pepper
Garlic powder
Onion powder
All purpose seasoning
Seafood seasoning of choice
Coconut shortening
Butter
Capers

METHOD

1. Melt shortening, and butter together in a pan.
2. Place a piece or two of swai fish into the pan and sprinkle all the seasoning on both sides.
3. Cook on both sides, I like to get it a little brown and crispy. The fish will start to fall apart when it is done, serve with rice, noodles, or eat alone as I prefer.