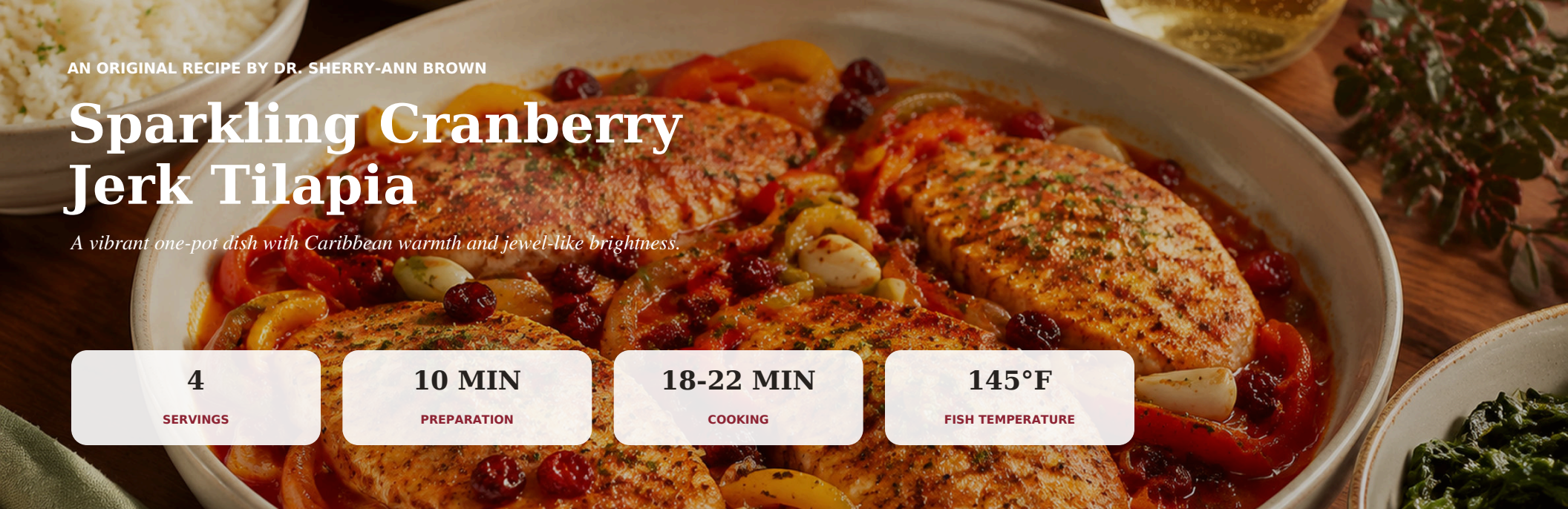




AN ORIGINAL RECIPE BY DR. SHERRY-ANN BROWN

# Sparkling Cranberry Jerk Tilapia

*A vibrant one-pot dish with Caribbean warmth and jewel-like brightness.*

**4**

SERVINGS

**10 MIN**

PREPARATION

**18-22 MIN**

COOKING

**145°F**

FISH TEMPERATURE

## THE STORY IN THE POT

### A gift became nourishment, then a shared table.

Dr. Sherry-Ann Brown first made this dish for someone else. Hospitality opened the creative moment: tilapia met tomato, abundant garlic, peppers and onions, dried cranberries, sparkling cider, Caribbean jerk marinade, Worcestershire sauce, and fresh parsley.

She enjoyed it so deeply that she kept making it for herself. Repetition turned an intuitive first pot into a trusted personal recipe. Now she is sharing it with the world: care for one person became self-nourishment, then a generous offering for many.

## LIGHTER ONE-POT METHOD

The tomato and vegetable base carries the cooking moisture. The teaspoon of oil remains entirely optional.

## INGREDIENTS

### Gather the vivid notes

- 4 thawed tilapia fillets, 4-6 ounces each
- 1 can diced tomatoes with their tomato liquid, 14.5 ounces
- 1 package frozen chopped bell peppers and onions, 12 ounces
- 3 tablespoons bottled chopped garlic
- 1/2 cup dried cranberries, divided
- 3/4 cup sparkling apple cider
- 1/3 cup Caribbean jerk marinade
- 1 tablespoon Worcestershire sauce
- 1/4 cup chopped fresh parsley, plus additional sprigs for serving
- 1/2 teaspoon Italian seasoning
- A light dusting of ground cinnamon
- Salt and freshly ground black pepper, added after tasting if desired
- 1 teaspoon oil, optional

# One pot, eight movements

*Sweet, savory, warmly spiced, and generous.*

- 01 Prepare the tilapia. Thaw the fillets completely and pat them dry.
- 02 Build the vegetable and fruit base. In a broad pot or deep skillet, combine the diced tomatoes and their liquid, frozen peppers and onions, chopped garlic, 1/3 cup of the dried cranberries, sparkling apple cider, Caribbean jerk marinade, and Worcestershire sauce. If desired, warm the optional teaspoon of oil before adding the remaining ingredients. The tomato base provides sufficient moisture for this lighter preparation.
- 03 Develop the sauce. Bring the mixture to a lively simmer over medium heat. Cook uncovered for 5-7 minutes, allowing the vegetables to soften and the sparkling cider, tomatoes, jerk marinade, garlic, and cranberries to meld into a fragrant sauce.
- 04 Add the fish. Nestle the tilapia fillets gently into the vegetables and sauce. Spoon some of the mixture over each fillet.
- 05 Cover and cook. Reduce the heat to medium-low and cover the pot. Cook for 8-12 minutes, according to thickness. The tilapia is ready when it appears opaque throughout, flakes easily with a fork, and reaches 145°F at the thickest point.
- 06 Add the parsley. During the final 1-2 minutes, scatter the chopped fresh parsley over the fish and sauce.
- 07 Balance the seasoning. Taste the sauce. Add salt or black pepper as desired, since the jerk marinade and Worcestershire sauce already contribute seasoning.
- 08 Rest the dish. Remove the covered pot from the heat and allow everything to rest for 2 minutes.

## FINISHING TOUCHES

### Let the plate carry the celebration.

Garnish with the reserved dried cranberries, fresh parsley sprigs, a restrained sprinkle of Italian seasoning, and a delicate whisper of cinnamon.

The cinnamon should sit quietly in the background, warming the cranberry and apple notes while allowing the jerk seasoning to remain central.

## BRING ALONGSIDE

Rice and peas • Coconut rice • Roasted or mashed sweet potatoes • Plantains • Steamed greens • A crisp green salad • Warm bread for gathering the sauce • Chilled sparkling apple cider

## A GENEROUS SECOND BATCH

The vegetable-and-tomato base can support additional tilapia. Nestle more fillets into the remaining sauce and cook them through using the same covered, medium-low method.

## FOOD-SAFETY MARKER

Confirm 145°F at the thickest point of every fillet with a clean food thermometer.

## A PERSONAL NOTE FROM DR. BROWN

CITY / PLACE: \_\_\_\_\_ DATE: \_\_\_\_\_

*With warmth,*

Dr. Sherry-Ann Brown