

Redfish Cajun Catch



Blackened redfish maque choux from Chef Bennett Depew of Harry's Seafood Bar & Grille

Ingredients:

Redfish

- 4 6-oz. redfish fillets
- 1 T. blackening seasoning

Maque choux

- 4 oz. bacon, diced to ¼ inch
- 1 tsp. chopped garlic
- 1 cup diced onion
- 1 qt. corn (fresh or frozen)
- ½ cup sliced green onions
- 1 medium tomato, chopped
- 1 cup sliced okra
- ½ cup cream
- 1 tsp. salt
- 1 tsp. ground black pepper
- Red bell pepper sauce
- 28 oz. drained roasted red bell peppers
- 2 cups heavy cream
- 1 T. red wine vinegar
- ½ tsp. cumin
- ½ tsp. kosher salt

Procedure:

Maque choux

1. Cook bacon in a large pot on the stove until crispy.
2. Add onion and sauté until tender, roughly three minutes. Add garlic and sauté for one more minute.
3. Add all remaining ingredients and cook until hot. Adjust seasoning with salt and pepper. Reserve to the side.

Red bell pepper sauce

1. Using a large pot, heat cream, peppers and red wine vinegar. Reduce until thick and syrupy. (Cream can break a little).
2. Purée sauce in blender or food processor with cumin and kosher salt.

Blackened redfish

1. Preheat oven to 350 degrees and heat a nonstick or cast iron pan to medium on stove top.
2. Season fish liberally with blackening seasoning and sear in pan. Flip once desired level of blackening has occurred and immediately place in oven for an additional two to three minutes until fish is cooked thoroughly.
3. Place fish on top of maque choux and surround the dish with red bell pepper sauce.

yields 4 servings