

Sheepshead with Blue Crab in Citrus Cream



Ingredients

- 1/4 cup shallots, minced
- 1/2 cup dry white wine
- 3 tablespoons fresh lemon juice
- 1 cup heavy cream
- 1/4 cup unsalted butter, cut into 1/2-inch cubes
- 1 1/2 teaspoons grated lemon peel
- 8 ounces fresh blue crabmeat
- salt and pepper to taste
- 3 tablespoons olive oil
- 1 tablespoon shrimp boil or seafood seasoning
- 4 6- to 8-ounce sheepshead fillets, skinless
- 1 bunch fresh parsley, chopped

Preparation

Combine wine, shallots and lemon juice in small saucepan. Boil over medium-high heat until mixture is reduced to 1/3 cup. Add cream; simmer 5 minutes until thickened. Add butter cubes a few at a time and whisk until melted. Stir in lemon peel. Add crab meat to sauce and heat through. Add salt and pepper to taste; set aside and keep warm. In a large skillet, heat oil over medium-high heat. Season fillets and add to pan; cook 4 minutes per side until opaque in center. Place fillet in center of serving plate and top with crabmeat. Spoon additional sauce over all; sprinkle with parsley and serve.