

REDFISH COUVILLION SERVED WITH WHITE RICE AND GREEN ONIONS



Couvillion" (or "couveon"), from the French "courtbouillion", is a kind of hearty Cajun cousin of bouillabaisse. This version is blues guitarist Tab Benoit's contribution to *That Sounds Good!*, WWOZ's cookbook of recipes from our Louisiana musical family. Note that depending on the amount of water in the stewed tomatoes and other vegetables, you may need to add some water to loosen things up. You could substitute fillets of drum or red snapper for redfish, and some similar recipes also include shrimp.

- 1 cup (2 sticks) margarine
- 1 cup all-purpose flour
- 1 large onion, chopped
- 1 large green pepper, chopped
- 2 celery ribs, diced
- 2 (14-ounce) cans stewed tomatoes
- 2 (8-ounce) cans tomato sauce
- Tony Chachere's seasoning
- 1.5 - 2 pounds redfish fillets
- 3 green onions, chopped
- Hot cooked rice

Turn off your phones. Grab a beer and a keep it close, 'cause you can't leave the stove 'til it's cooked, 'cause you have to stir constantly. If your friends come by, tell them they have to visit with you in the kitchen.

First you make roux! Ever heard of that before? Melt your margarine and stir in your flour. Cook it to your desired color.

Add your "holy trinity" (onion, bell pepper, celery). Cook it down good so the roux picks up the flavor of the seasoning. Add the stewed tomatoes and tomato sauce. Cook for ten minutes, then stir. Add the fish. Return to a boil. Add the green onions, then stir. Lower the heat to a simmer. Cook for 30 minutes. Serve over cooked rice. *Makes 4 to 6 servings*



You can find this recipe and more like it from Louisiana musicians and other friends of WWOZ in our cookbook: *That Sounds Good!*