

PAN-SEARED RED SNAPPER WITH CREOLE CREAM SAUCE

ENTRÉE RECIPE

INGREDIENTS

- Red snapper fillets, portioned with bloodlines removed
- Blackening seasoning
- Cajun seasoning
- Olive oil
- Onion, chopped
- Red bell pepper, chopped
- Green bell pepper, chopped
- Celery, chopped, optional
- Garlic, chopped
- Salt
- Black pepper
- Habanero smoked paprika
- Tomato paste, about 1 tablespoon to start, plus more as needed
- White wine
- Chicken stock
- 1 bay leaf
- Heavy whipping cream
- Fresh parsley
- Fried leeks, for topping



As seen in season 7, episode 4.

DIRECTIONS

1. Season the snapper. Season the red snapper with blackening and Cajun seasoning. Heat a cast-iron skillet over medium-high heat with a little olive oil. Pasted text
2. Sear the fish. Pan-sear the snapper until it develops a nice golden-brown crust. Avoid overcrowding the pan so the fish sears rather than steams. Transfer the fillets to a baking sheet and finish in a 325°F oven for about 10 minutes, or until cooked through.
3. Sauté the vegetables. Add a little more olive oil to a clean pan. Sauté the onion, red and green bell peppers, and optional celery. Season with salt and black pepper. Once softened and translucent, add the chopped garlic and smoked habanero paprika.



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DIRECTIONS (CONTINUED)

4. Build the sauce. Stir in about 1 tablespoon tomato paste. Deglaze the pan with white wine, then add chicken stock and one bay leaf. Allow everything to cook down until the vegetables begin to melt into the sauce.
5. Make it creamy. Add heavy whipping cream and let the sauce simmer and thicken. Taste and adjust the seasoning. Tiffany adds another spoonful of tomato paste at this point to give the sauce a deeper orange Creole color. Finish with fresh parsley.
6. Plate it. Spoon the Creole cream sauce onto the plate, place the pan-seared red snapper on top, and finish with fried leeks for a crispy garnish.

Final dish: Pan-Seared Red Snapper over Creole Cream Sauce with Fried Leeks.

