

Bayou Smothered Tilefish in Pontchartrain Pan Gravy



Recipe Courtesy Chef Deborah VanTrece

SERVES 6

PAN GRAVY:

1 cup diced celery
1 small onion, diced
1 cup diced green bell pepper
16 ounces sliced shiitake mushrooms or mushroom blend
½ cup all-purpose flour
2 cups dry white wine
1 cup fish stock
1 cup water
1 tablespoon liquid crab boil
1 tablespoon kosher salt
1- 4 ounce jar pimentos
4 tablespoons cold unsalted butter, cut into small pieces
¼ cup freshly squeezed lemon juice
Freshly ground black pepper, to taste
¼ cup finely chopped fresh parsley

FISH:

6 -6 ounce tilefish filets, rinsed and patted dry
2 teaspoons Cajun seasoning
1 teaspoon + 1 tablespoon kosher salt
1 teaspoon fresh thyme leaves
1 teaspoon minced fresh garlic
1 teaspoon minced fresh ginger
8 tablespoons unsalted butter

FOR THE FISH:

Combine the Cajun seasoning, salt and thyme in a small bowl. Rub fish with this mixture and set aside for 15 to 20 minutes to allow seasoning to absorb. Set a large skillet over medium heat, add the butter and heat until it is completely melted. Add the fish to the skillet and cook on one side until golden brown, 3 to 5 minutes. Flip the fish over and add the garlic and ginger. Continue to cook for 2 to 3 minutes, until lightly browned. Remove the skillet from the heat and transfer the fish to a clean platter or plate and set aside.

FOR THE GRAVY:

Return the skillet to medium heat and add the celery, onion, green pepper and mushrooms. Sauté 3 to 5 minutes or until onions become translucent. Add the flour and stir until the vegetables are coated. Add the white wine, fish stock, water, crab boil and pimentos. Reduce the heat to low and simmer for 10 minutes, stirring often. Slowly whisk in the cold butter pieces one at a time, until melted. Add the lemon juice and whisk to combine. Return the fish fillets to the skillet, cover, and continue cooking for another 5 to 7 minutes on low heat or just until cooked through. Remove the skillet from the heat. Taste and adjust the seasoning as needed. Sprinkle with parsley and serve with grits or rice.

