



## Blackened Redfish Laffite Recipe

<u>Ingredients</u>	<u>Amounts</u>
Redfish	4, 7-9oz filets
Butter (melted)	½ cup
Bistro Blackening Seasoning	n/a

### *Procedure*

1. Dredge Redfish fillets in melted butter and sprinkle each side with blackening seasoning.
2. In a cast iron pan skillet, cook each side until blackened and cooked (about 3-4 minutes each).

### Laffite Sauce

<u>Ingredients</u>	<u>Amounts</u>
White Wine	3oz
Fresh Lemon Juice	3oz
Chopped Garlic	1 tsp
Salt	½ tsp
Black Pepper	½ tsp
Heavy Cream	1 cup
Jumbo lump crab meat	½ lb
Butter	2 tbsp

### *Procedure*

1. In a sauce pan, add the white wine, lemon juice and chopped garlic. On medium heat, let the sauce reduce by half.
2. Add salt, black pepper, and heavy cream. Let sauce come to a boil. Add jumbo lump crab meat and butter and stir until sauce has thickened.
3. Equally pour sauce over redfish and serve.