



Creole Redfish Court-Bouillon

READY IN



75 min.

SERVINGS



6

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced with their juices canned
- ☐ 0.5 cup celery chopped
- ☐ 3 cups rice long-grain white cooked for servings
- ☐ 0.5 cup cooking sherry dry
- ☐ 0.8 cup flour all-purpose
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 cup bell pepper green chopped

- ☐ 1 leaves green onion fresh chopped for serving
- ☐ 2 teaspoons emeril's original essence
- ☐ 2 tablespoons olive oil as needed
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 2 teaspoons salt
- ☐ 5 cups shrimp stock
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons tomato paste
- ☐ 6 fillet trout cut in 1/2 on the diagonal
- ☐ 4 tablespoons butter unsalted
- ☐ 0.5 cup vegetable oil
- ☐ 1 cup onions yellow chopped

Equipment

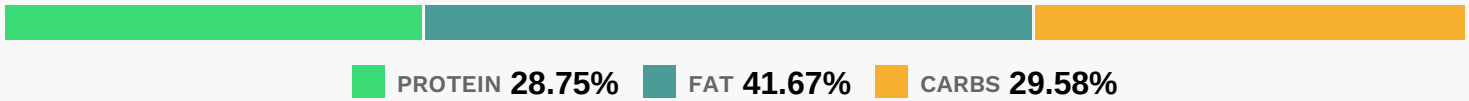
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ wooden spoon
- ☐ grill
- ☐ dutch oven

Directions

- ☐ Heat the 1/2 cup of the oil in a Dutch oven or large, heavy pot over medium-high heat.
- ☐ Add the flour, reduce the heat to medium, and cook, stirring constantly with a large wooden spoon, to make a roux the color of peanut butter, about 15 minutes.
- ☐ Add the onions, bell peppers, and celery, and cook, stirring, for 1 minute.
- ☐ Add the garlic and bay leaves, and cook, stirring, for 30 seconds.
- ☐ Place the tomato paste in a small bowl and whisk in the sherry to blend.
- ☐ Add to the pot, and cook, stirring, for 30 seconds.

- ☐
- Add the stock, whisking to blend.
- ☐
- Add the tomatoes and their juices, the sugar, salt, black pepper, and red pepper flakes, and cook, stirring, occasionally, for 20 to 25 minutes.
- ☐
- Reduce the heat to low then whisk in the butter, bit by bit, until incorporated.
- ☐
- Remove from the heat, taste, and adjust seasoning, if necessary. Preheat a grill to medium.To grill the fish, brush the fish all over with the olive oil and season the fish with the Essence. Grill the fish, basting occasionally with additional olive oil for about 8 minutes. Turn the fish and grill briefly on the second side. Return the court bouillon to the heat, add the fish, and simmer until just cooked through, about 3 to 4 minutes longer.To serve, spoon 1/2 cup of rice into the center of six large soup bowls and divide the red fish court bouillon equally among them.
- ☐
- Serve immediately, garnished with parsley or green onion.

Nutrition Facts



Properties

Glycemic Index:91.18, Glycemic Load:35.67, Inflammation Score:-8, Nutrition Score:37.640434887098%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 648.7kcal (32.43%), Fat: 29.14g (44.83%), Saturated Fat: 8.39g (52.41%), Carbohydrates: 46.53g (15.51%), Net Carbohydrates: 43.16g (15.69%), Sugar: 6.43g (7.14%), Cholesterol: 118.67mg (39.56%), Sodium: 1657.42mg (72.06%), Alcohol: 2.06g (100%), Alcohol %: 0.4% (100%), Protein: 45.23g (90.46%), Vitamin B12: 13.46µg (224.37%), Manganese: 2.21mg (110.65%), Vitamin B3: 12.91mg (64.55%), Phosphorus: 577.64mg (57.76%), Vitamin B1: 0.82mg (54.41%), Selenium: 35.34µg (50.48%), Vitamin B2: 0.78mg (46.16%), Vitamin D: 6.77µg (45.13%), Vitamin B5: 3.97mg (39.7%), Potassium: 1212.21mg (34.63%), Copper: 0.68mg (34.02%), Vitamin B6: 0.67mg (33.43%), Iron: 5.25mg (29.17%), Vitamin C: 21.69mg (26.3%), Vitamin E: 3.3mg (21.99%), Vitamin K: 22.32µg (21.26%), Folate: 81.67µg (20.42%), Vitamin A: 994.09IU (19.88%), Magnesium: 77.32mg (19.33%), Calcium:

189.93mg (18.99%), Zinc: 2.19mg (14.61%), Fiber: 3.38g (13.51%)