

DINNER

Jacques-Imos' Blackened Gulf Fish

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	20 min	20 min	4	\$11.70	1,391 kcal



Jacques-Imos' Blackened Gulf Fish requires around 40 minutes from start to finish. For \$11.7 per serving, you get a main course that serves 4. One portion of this dish contains approximately 49g of protein, 125g of fat, and a total of 1391 calories.

Ingredients

- ☐ ¼ cup freshly ground black pepper
- ☐ 1 teaspoon Asian chili-garlic sauce, such as sambal olek
- ☐ ½ pound crabmeat
- ☐ 4 egg yolks
- ☐ ½ teaspoon hot sauce
- ☐ 4 tablespoons margarine
- ☐ 2 tablespoons dried oregano
- ☐ 2 tablespoons cayenne pepper
- ☐ 1 teaspoon chipotle powder
- ☐ 2 tablespoons dried thyme
- ☐ ¼ cup powdered garlic
- ☐ 2 teaspoons lemon juice
- ☐ 3 tablespoons powdered onion
- ☐ 1/3 cup paprika

☐ 24 ounce redfish fillets

☐ 1/3 cup salt

☐ 1 pound unsalted butter

☐ 2 tablespoons unsalted butter

☐ 2 teaspoons white wine

☐ ½ teaspoon Worcestershire sauce

EQUIPMENT Bowl, Frying pan, Sauce pan, Ladle, Whisk, Mixing bowl, Double boiler, Stove, Measuring cup

Method

- 1 Lightly sprinkle the fish with the Creole Seafood Seasoning.
- 2 In a hot cast-iron skillet over medium heat, melt the butter. Sear the fish on both sides until the flesh is opaque about 3 minutes each side.
- 3 Combine the Hollandaise Sauce with chili-garlic sauce, chipotle powder and crabmeat.
- 4 Serve each fillet with 1/4 cup sauce.
- 5 Combine all the ingredients and mix. Store in a sealed container.
- 6 Melt the butter and margarine in a 1-quart saucepan over low heat. Raise the heat and bring to a rapid boil.
- 7 Remove from the heat and cool, about 5 minutes. Skim the foam from the top and discard.
- 8 Pour the butter into a large glass measuring cup and set aside.
- 9 Meanwhile, in a medium stainless steel mixing bowl or in the top of a double boiler, combine all the remaining ingredients.
- 10 Mix together with a metal whisk until blended.
- 11 Place the bowl over a pan of slowly simmering, but not boiling, water. The bowl must never touch the water. Vigorously whisk the egg mixture, picking up the bowl frequently to let the steam escape. Whip until the egg mixture is very light and creamy and has a sheen, 6 to 8 minutes. This amount of beating is important so that the cooked eggs will better be able to hold the butter.
- 12 Remove the bowl from the pan of hot water. Gradually ladle about 1/4 cup of the butter mixture (use the top butterfat, not the butter solids on the bottom) into the egg mixture while vigorously whipping the sauce. Make sure the butter you add is well mixed into the sauce before adding more. Continue gradually adding the surface butterfat until you've added about 1 cup.

- 13 So that you can get to the butter solids, ladle out and reserve about 1/2 cup surface butterfat into the sauce, whisking well. Use any remaining bottom solids in another dish. Then, gradually whisk in enough of the reserved top butterfat to produce a fairly thick sauce. The butterfat thickens the sauce, so you may not need to use it all.
- 14 Serve immediately (or as soon as possible, keeping the sauce in a warm place, such as on top of the stove, until ready to serve).

Nutrition per serving			
	1,391	49 g	125 g
	KCAL	PROTEIN	FAT
			27 g
			CARBS
Saturated Fat			68.5 g · 428% of daily needs
Fibre			10.6 g · 42% of daily needs
Sugar			2.5 g · 3% of daily needs
Sodium			10,296 mg · 448% of daily needs
Cholesterol			586 mg · 195% of daily needs
Vitamin C			14.1 mg · 17% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/jacques-imos-blackened-gulf-fish-148436