**COASTAL CONSERVATION ASSOCIATION**

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**REDFISH CREOLE**

**INGREDIENTS:**
- 2 tbsp vegetable oil
- 2 tbsp butter
- 1/4 c yellow onion, diced
- 1/4 c celery, diced
- 1/2 c green or red bell pepper, diced
- 2 cloves garlic, minced
- 2 tbsp all-purpose flour
- 1 (14.5-ounce) can chicken broth
- 1 (14.5-ounce) can diced tomatoes
- 3 oz tomato paste
- 2 bay leaves
- 1 small package frozen cut okra
- 1 - 2 tbsp hot sauce
- 1 tsp garlic salt
- 1 tsp Cajun seasoning
- 1/2 tsp ground black pepper
- 2 lbs skinless redfish fillets (Any white fishy fillet will work.)
- Salt and pepper to taste
- Cooked white rice for serving

**PREPARATION:**

In a large pot or dutch oven, heat the vegetable oil and butter over medium-high heat. Add the onions, celery, bell pepper and garlic and sauté about 5 minutes. Add the flour, stir to combine and continue to cook another 5 minutes, stirring constantly. Add the chicken broth and stir until smooth. Add the tomatoes, tomato paste, bay leaves and okra, and stir until mixed well. Add the hot sauce and seasonings and mix well.

Bring the creole to a boil and then reduce the heat to a simmer and simmer for about 20 - 30 minutes, uncovered, stirring occasionally. Add the redfish fillets, making sure to submerge completely in creole liquid. Cover the pot and simmer for another 20 - 30 minutes or until fish is cooked through. Season with salt, black pepper and extra hot sauce to taste.

**TO SERVE:** Add cooked white rice to a large bowl, top with your redfish creole and garnish with fresh chopped green onions, parsley and extra hot sauce.

**SERVES 6 - 8.**

- Recipe and photos by Heather Peterek, Staff Seafood Enthusiast