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RECIPE & PHOTO BY  
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## triptail with crawfish cream sauce

### INGREDIENTS

#### CRAWFISH CREAM SAUCE:

½ tsp cornstarch  
½ c and 1 tbsp heavy whipping cream  
1 stick unsalted butter  
3 cloves garlic, minced  
1 c green onion, chopped  
1 lb crawfish tails, peeled, cooked  
¼ c grated Parmesan cheese  
½ c fresh parsley, chopped  
Salt and pepper to taste

#### TRIPLETAIL:

4 triptail fillets  
½ tsp Cajun seasoning  
1 tsp paprika  
1 tbsp unsalted butter  
1 tbsp extra virgin olive oil

### DIRECTIONS

#### CRAWFISH CREAM SAUCE:

Mix cornstarch and 1 table-spoon heavy whipping cream and set aside. In a small sauce pan melt butter over medium-low heat. Add garlic and onions and cook about 5 minutes. Add crawfish tails and cook an additional 5 minutes, stirring occasionally. Stir in the ½ cup of heavy whipping cream and cook an additional minute. Stir in the cornstarch/cream mixture, mix thoroughly and cook an additional 5 minutes. Drop heat to low, add cheese, parsley and a pinch of salt and pepper to taste. Cover and keep warm while you cook fish.

**TRIPLETAIL:** Season both sides of all fillets evenly with the Cajun seasoning and paprika. Heat butter and oil in a large skillet over medium-high heat until butter is melted and oil is hot. Sauté fillets about 4 minutes per side or until cooked through and golden-brown.

**TO SERVE:** Plate fillet over a hearty pasta like a tortellini or serve alone with a side of vegetables. Top with a generous portion of crawfish cream sauce.  
**SERVES 4.**



### pair it

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