
White Fish Courtbouillion

1 1/2 pounds redfish
1/2 tablespoon butter
tablespoon olive oil
1 large onion
1 yellow bell pepper
3 tablespoons garlic
1 cup fresh basil
2 tablespoons oregano
2 tablespoons parsley
1/2 cup white wine
3/4 cup half and half
3 teaspoons lemon juice
1/4 teaspoon white pepper
1/4 teaspoon salt

Add butter and oil, season fish and brown fish and remove. Reduce heat to low and add onions, bell pepper, and garlic. Sauté for about 15 minutes until soft. Add basil, parsley, wine, lemon juice, salt and pepper and continue to cook until the mixture is reduced by half.

Add cream at the end.