
Fish Courtbouillon

From the Kitchen of Brett Broussard

1 cup onion, chopped
1/2 cup bell pepper, chopped
1/4 cup celery, chopped
2 tablespoons garlic, chopped
2 tablespoons tomato paste
14 1/2 ounces can whole tomatoes, chopped
3 tablespoons flour
3 tablespoons vegetable oil
1/4 cup green onions, chopped
1/4 cup parsley, chopped fine
3 cups seafood stock
1 1/2 pounds Fish (Redfish or Drum)

Combine the oil and flour to make the roux. Cook over medium high heat for approximately 6-7 minutes or until it turns to a dark brown chocolate color. Add chopped onions, bell pepper, celery, garlic, and tomato paste and cook for approximately 2 minutes. Add the can of chopped whole tomatoes, along with the juice. Slowly add stock and bring

to a boil. Simmer on low for 45 minutes to an hour.

Season the fish and add to the pot, along with the green onions and parsley, cooking for 10-15 minutes. Serve over rice.

Serves 8.