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LAKE CHARLES



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CRISP SKIN REDFISH WITH PICKLED ONION AND CITRUS SLAW

CHEF LYLE BROUSSARD | JACK DANIEL'S® BAR & GRILL AT L'AUBERGE | LAKE CHARLES, LOUISIANA

4 6 oz. red fish filet, scored
2 lemons
1 tablespoon chopped rosemary
1 tablespoon chopped thyme
1 tablespoon chopped parsley
½-teaspoon red pepper flakes
6 oz. clarified butter
1 sliced jalapeno
1 sliced purple onion
1 tablespoon pickling spice
2 cups red wine vinegar
¼-cup salt
¼-cup sugar
1 teaspoon cracked black pepper
1 peeled and segmented orange
1 teaspoon chopped mint leaves

1. In a small bowl place jalapenos and purple onion, set aside.
2. In a small sauce pan combine salt, sugar, pepper, pickling spice, and red wine vinegar. Place on medium heat until salt and sugar dissolve, stirring occasionally.
3. Strain vinegar mixture to remove pickling spice and pour over jalapenos and onions. Place bowl in refrigerator to pickle and cool for later use.
4. Season fish by squeezing lemon juice over top and sprinkling fresh herbs, red pepper flakes, and salt and pepper.
5. In a medium sauté skillet, heat clarified butter. Sear seasoned fish skin side down until skin is crisp. Turn fish over and place skillet in oven (warmed to 350°) to finish for 6-7 minutes.
6. In a small bowl, combine orange segments and mint leaves. Strain vinegar from jalapeno and onion slaw. Combine with slaw.
7. To serve, place fish skin side up on plate, top with pickled onion and citrus slaw.

