

Black Drum Creole

INGREDIENTS

3 pounds Black Drum
2 tablespoons Cajun seasoning
2 tablespoons unsalted butter
1 cup onions, chopped
½ cup chopped celery
½ cup chopped green bell pepper
½ cup chopped red bell pepper
1 tablespoon minced garlic
1 tablespoon minced fresh thyme
1 tablespoon Cajun seasoning
½ teaspoon hot sauce
One 6-oz. can tomato paste
One 8-oz. can tomato sauce
One 14-oz. can diced tomatoes,
drained
1 cup ketchup
2 cups chicken broth
1 lemon, sliced
2 bay leaves
¼ cup minced green onions
¼ cup minced parsley
8 cups cooked rice*

DIRECTIONS

1. Portion out Black Drum into 4 ounce portions. Season with seasoning and set aside for use later in recipe.
2. In a large saucepot big enough to hold all ingredients, heat butter. Add onion, celery, green and red bell pepper and cook for 2 minutes.
3. Stir in garlic, thyme, Creole seasoning and hot sauce. Cook for additional minute. Add tomato paste, tomato sauce, diced tomatoes, ketchup, chicken broth, lemon slices and bay leaves. Bring to simmer and cook for 20 minutes.
4. Lay seasoned Black Drum portions on top of sauce. Cover and simmer for 10 minutes. Be careful not to overcook fish.
5. Ladle serving around 1 cup of cooked white rice. Top with generous portion of green onions and parsley.

Serves 6

LOUISIANA DIRECT SEAFOOD
Your Freshest Catch



www.delcambremarket.org