

Black Drum with Crawfish Cream Sauce

INGREDIENTS

- 1 lb Vermillion Bay Sweet black drum (cut into 4 cutlets)
- 1/2 lb Louisiana crawfish tail meat
- 2 Tbsp butter
- 1/2 c yellow onion, chopped
- 1/4 green bell pepper, chopped
- 1/4 c mushrooms, chopped
- 1/2 Tbsp garlic, minced
- 2 Tbsp flour
- 1 Tbsp Creole seasoning, divided
- 2 c half and half
- 1/2 can cream of mushroom soup
- 2 Tbsp olive oil
- 2 Tbsp chopped green onions
- 2 Tbsp chopped parsley

DIRECTIONS

PREPARING THE SAUCE

1. Sauté onions and peppers in butter until soft. Add mushrooms and garlic and cook until mushrooms release their liquid. Add flour and seasoning and mix well. Slowly add enough half and half to form paste and mix well. Continue adding half and half until thick sauce forms. Add cream of mushroom and mix well. Cook until sauce thickens to coat back of a spoon.
2. Add remainder of half and half and crawfish meat. Stir while heating crawfish to avoid sticking.

PREPARING THE DRUM

1. Pat the fish filets with a paper towel and then season with a Creole seasoning on both sides of the filets. Heat oil in a large skillet on a medium high heat until sizzling hot before placing the filets. Bring the heat back to medium. When the edges of the filets turn pale or whitish, it's time to flip them.
2. When filets are cooked, serve on a plate; cover with crawfish cream sauce. Garnish with chopped parsley and green onions.



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HEALTHY SWAPS

- **Lower Fat:** Substitute low fat butter spread such as Smart Balance Light for butter. Use fat-free half and half, and soup. Reduce oil by half. 392 Calories. 16g Fat (4g Saturated fat, 101mg Cholesterol.) 1076mg Sodium. 21g Carbohydrates (1g Fiber, 8g Total sugar.) 40g Protein. To further reduce fat by half opt for a lean white fish such as grouper.
- **Lower Carbohydrate:** Omit flour, substitute 6 Tbsp cream cheese for soup. 425 Calories. 28g Fat (11g Saturated fat, 132mg Cholesterol.) 1,040mg Sodium. 5g Carbohydrates (1g Fiber, 3g Total sugar.) 37g Protein.
- **Lower Sodium:** Use unsalted butter, soup, and Creole seasoning to reduce sodium to 155mg.
- **Dairy-free:** Use vegan cream soup, butter, and half and half such as Califa Better Half. 460 Calories. 25g Fat (7g Saturated fat, 95mg Cholesterol.) 1,140mg Sodium. 18g Carbohydrates (1g Fiber, 2g Total sugar.) 38g Protein.
- **Gluten-free:** Use gluten-free flour, cream soup, and Creole seasoning. 533 Calories. 33g Fat (15g Saturated fat, 155mg Cholesterol.) 1,170mg Sodium. 18g Carbohydrates (1g Fiber, 8g Total sugar.) 41g Protein.

Note: This dish contains 11g of heart-healthy monounsaturated fatty acids per serving.

Nutrition Facts	Amount/serving		% Daily Value*		Amount/serving	% Daily Value*	
	4 servings per container	Total Fat 36g		46%		Total Carbohydrate 18g	
Serving size 1 piece	Saturated Fat 16g		80%	Dietary Fiber 1g		4%	
Calories per serving 560	<i>Trans</i> Fat 0g			Total Sugars 9g			
	Monounsaturated Fat 11g			Includes 0g Added Sugars		0%	
	Cholesterol 155mg		52%	Protein 42g		84%	
	Sodium 1330mg		58%				
	Vitamin D 0.65mcg	4%	• Calcium 195mg	15%	• Iron 1mg	6%	
	Potassium 350mg	8%					

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.