

Red Fish Roulades

Ingredients:

12 fillets of redfish or grouper, 6 to 8 oz. each
6 tbsp, lemon juice
8 tbsp unsalted butter
8 green onions, finely chopped
2 garlic cloves, minced
1 lb of fresh mushrooms, wiped clean, stemmed, and chopped
2 lbs of shrimp, peeled and deveined
2 tsp, dried basil leaves
Salt,
Freshly ground black pepper
Cayenne pepper to taste
2 cups chicken broth
2 cups of fine dried bread crumbs, more or less as needed
1 pint of half-and-half

Preparation:

Preheat oven to 350°F.

Pound the fillets a bit to make them lie flat. Sprinkle with lemon juice and set aside.

Heat 4 tablespoons of the butter in a large skillet over medium heat. Add the onions, garlic, and mushrooms and cook, stirring for 2 to 3 minutes. Add the shrimp and the basil and season with salt, pepper, and Cayenne. Add 1 ½ cups of chicken broth and simmer for 5 minutes. Add the bread crumbs and stir so the mixture binds together. Remove from the heat and cool.

Place equal amounts of the mixture on top of each fish fillet and roll up like a jelly roll (you may have to use a toothpick to hold the roll together).

Place the roulades in a baking pan with the remaining chicken broth and the half-and-half.

Dot with the remaining butter.

Bake until the fish flakes easily with a fork, 20 to 25 minutes.

Top with Creollais Sauce.