

Fish Pecan

Ruffino's on the River – Chef Estevon Evans

921 Camellia Boulevard Lafayette, LA 70508 337-706-7333

Opened 2013 Located on the lazy Vermillion River, this Italian-Creole fusion restaurant features a constantly evolving menu. Using the fresh & delicious Louisiana bounty from the land & sea, you will be assured of an exceptional culinary experience. Relax & unwind in the elegant interior or the spectacular setting of the riverside patio.

4 Tbsp butter
1 cup pecan halves or pieces
Salt to taste

Preheat the oven to 350°. Melt the butter in a large sauté pan over medium high heat. Add the pecans & season with salt. Place the pan in the oven & roast until golden brown & crunchy, about 6 minutes. Remove from heat.

4 - 8 oz Gulf fillets (Trout, Redfish, Snapper, etc.)
Creole seasoning to taste
Flour (for coating fish)
2 Tbsp butter
2 Tbsp olive oil

Season each fillet of fish on each side with the Creole seasoning. Lightly dust in flour & set aside. Heat the butter & oil in a large sauté pan over medium high heat. Carefully lay each fillet of fish presentation side down in the hot oil & sauté until light golden brown. Flip the fish & place the pan in the oven & cook for approximately 7-10 minutes.

Creole Meunière Sauce

4 oz Demi-Glace
2 oz lemon juice
4 oz white wine
1 lb butter cut in pieces
1 oz hot sauce
Salt & white pepper to taste

In a heavy sauté pan, bring the demi-glace, hot sauce, lemon juice & white wine to a boil. Reduce by ½. Swirling the pan constantly, slowly mound the butter a piece at a time until it is all incorporated. If the mixture starts to boil, remove from heat & continue swirling. If the sauce begins to break, add a bit of water or cream & continue to swirl. Season with salt & white pepper. Strain through a fine mesh strainer.

* If using salted butter, do not add any extra salt.

Ladle 2 oz of meunière sauce in the center of each plate & top with a fillet of fish. Top the fish with the Roasted Pecans.
Yield: 4 servings

As always, Bon Appetit!