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At Cochon, Chefs Donald Link and Stephen Stryjewski are working with locally sourced pork, fresh produce and seafood, focusing on traditional methods, creating authentic flavors of Cajun Country.

The restaurant is set in a rustic, yet contemporary interior of a renovated New Orleans warehouse.



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GRILLED REDFISH “ON THE HALF-SHELL”

SERVES 6

INGREDIENTS

6 (7-ounce) fillets of redfish,
skin and scales on, with pin
bone removed
1 ½ teaspoons kosher salt
1 ½ teaspoons ground
black pepper
1 ½ teaspoons red
pepper flakes
4 garlic cloves, very thinly sliced
½ cup good quality extra-virgin
olive oil
1 tablespoon coarse sea salt
½ cup Italian parsley, chopped
2 large lemons, halved

METHOD

Rinse fish fillets and pat them dry with paper towels. Place fillets on a baking sheet, season with salt, pepper and red pepper flakes. Top fillets with sliced garlic and drizzle with half of the oil. Use your fingers to distribute the oil and seasonings evenly over fish, then set the fish aside to marinate while you heat the grill.

Fire up your grill to a medium-high heat. (If you are using charcoal, the coals should be mostly white.) Place fillets scale side down on the hot grill. Cover the grill and cook the fish without moving for 7 to 10 minutes, until it is just cooked through; it will flake easily when tested with a paring knife. (You can also cook the fish “on the half shell” on an oiled baking sheet in a 475°F oven for 6 to 8 minutes.) Using a metal spatula, transfer fillets to serving plates and top with sea salt and parsley, a little extra olive oil, and lemon juice.