

CEDAR ROASTED REDFISH

SERVES 4

Cedar Roasted Redfish

INGREDIENTS

4 redfish fillets
4 tsp Mansurs Fish Seasoning (or your favorite seafood seasoning)
4 cedar planks, soaked in water
2 oz / 4 tbsp neutral oil (cottonseed or avocado)

PREPARATION

1. Season fillets on both sides.
2. Preheat oven to 400 °F.
3. Heat a sauté pan over medium heat, then add oil and allow to get hot.
4. Sear fillets for about two minutes per side, then remove and place on cedar planks.
5. Place cedar planks in oven for approximately 5 minutes, or until fish is cooked to reach an internal temperature of 145 °F, and is firm to the touch.

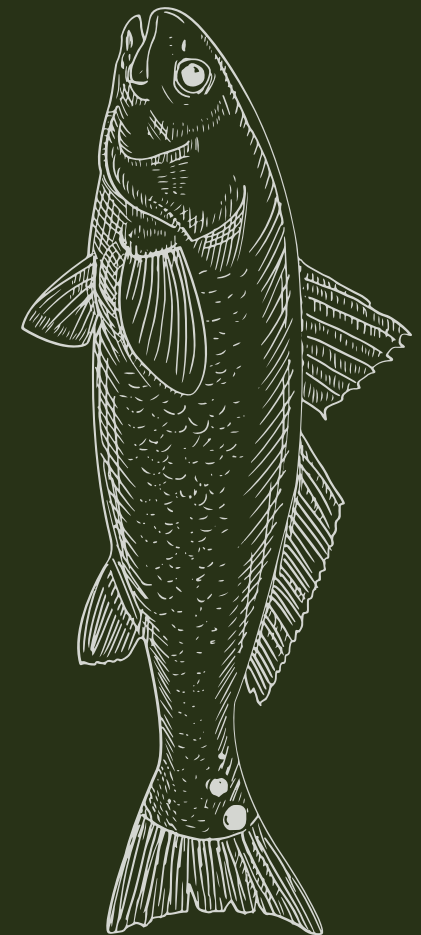
Creole Caper Beurre Blanc

INGREDIENTS

1 tbsp neutral oil
1 shallot, sliced
3 cloves of garlic, crushed
5-6 black peppercorns
½ cup white wine
½ cup lemon juice, freshly squeezed
4 oz heavy cream
2 tsp fresh chopped thyme
24 tbsp unsalted butter, cut into cubes
3 tbsp Creole or whole grain mustard
4 oz / 8 tbsp capers

PREPARATION

1. Heat a saucepan with oil over medium heat, then add shallots, garlic, and black peppercorns.
2. Cook, stirring occasionally, until they become soft, but not brown, for approximately 5 minutes.
3. Deglaze with white wine and lemon juice, stirring, allowing to reduce by 75%.
4. Add cream and thyme leaves and allow to reduce by half, continuously stirring.
5. Slowly add butter, cube by cube, while whisking.
6. Once all the butter is added, strain through a mesh sieve into a warm bowl that has been sitting near the stove. Slowly stir in Creole mustard and capers.
7. Adjust with salt and pepper to taste.
8. Serve beurre blanc over each fillet.



 **MANSURS**

5720 Corporate Blvd., Suite A
Baton Rouge, LA 70808
mansursontheboulevard.com

Since the locally owned restaurant first opened its doors in April 1989, it has consistently provided a fine dining experience in an intimate, classic atmosphere with exceptional service.

CORPORATE REALTY RECIPES 2024

*Photos by Frank Relle Gallery
910 Royal Street, New Orleans
frankrelle.com*

REDFISH FACT

During spawning, redfish males attract females through producing a drum-like noise by vibrating a muscle in their swim bladders.

REDFISH

Redfish are more properly known as red drum. Most redfish have at least one dark colored spot located near their tails. For the first three years of their lives, redfish are found in shallow waters with muddy bottoms and submerged vegetation or around pilings and jetties. As they mature, the fish move into coastal waters. Since 1977, fishing regulations have been in place to relieve pressure on spawning-sized fish with the length ranging from 16" - 27". Redfish feed on small fin fish as well as crustaceans like shrimp and blue crab.