



JOHN BESH, RESTAURANT AUGUST

REDFISH COURTBOUILLON

Redfish courtbouillon has been a favorite of Creole cooks for well over a century. As used in New Orleans, the word “courtbouillon” differs somewhat in meaning from the original French term, which refers to a poaching liquid, usually water seasoned with vegetables, spices and white wine.

SERVES: 12

COURTBOUILLON

3	onions, medium diced	1 gallon	seafood stock
2	green bell peppers, medium diced	2 cups	blond roux*
1/2 head	celery, medium diced	1 bunch	fresh tarragon, roughly chopped
4	garlic cloves, minced	1 bunch	fresh basil, roughly chopped
1/2 cup	canola oil		kosher or sea salt, to taste
10 pounds	Creole tomatoes, chopped	1/4 teaspoon	cayenne pepper, to taste
			allspice, grated

*See pages 86-87 for a roux recipe.

DIRECTIONS

Pour the canola oil into a 5-quart Dutch oven or stockpot over medium heat and sauté the onions, green bell peppers, garlic and celery until they are soft and the onions are transparent.

Season the vegetables to taste with salt and cayenne pepper, then add the seafood stock. Bring the liquid to a simmer and mix in the blond roux. Cook for 10 minutes over medium heat. Add the Creole tomatoes, basil, tarragon and allspice, and set aside.

SEAFOOD

1/4 cup	Creole seasoning*	1 quart	shucked raw oysters, Louisiana oysters with liquor preferred
1 head	fresh garlic, chopped		
12	redfish fillets, trimmed to 4-ounce servings	1 1/2 pounds	cooked jumbo lump crabmeat, Louisiana blue crabs preferred, divided into 12 equal portions
24	whole raw shrimp medium to large size, shelled		green onions, chopped to garnish
1 cup	olive oil		

*See pages 86-87 for a roux recipe.

DIRECTIONS

Preheat the oven to 400°F. Mix the olive oil, Creole seasoning and garlic in a bowl. Add the shrimp and redfish and toss them until they are coated with the oil.

Sear the shrimp and redfish in batches in a cast-iron skillet just until they are rare. Place 1 redfish fillet and 2 shrimp into 8 to 12 ounce individual casserole dishes and fill each dish with 8 ounces of the courtbouillon. *(Continued on right)*



A lifelong fisherman and hunter, John Besh is as much at home in the fertile marshes, woods and swamps of southeast Louisiana as he is in the kitchen at any of his four restaurants. The grand and glorious Restaurant August offers Besh’s celebrated signature dishes in grand, yet inviting, surroundings. Lüke is a recreation of the classic French brasserie in both its menu and décor. La Provence celebrates Louisiana’s French origins with the kind of food and environment found in the south of France. And Besh Steak yields to no other restaurant in the city when it comes to two-fisted slabs of beef. The long list of awards John has won includes that of Best Chef in the Southeast from the James Beard Foundation.

(Recipe continued)

Bake the seafood courtbouillon servings for 10 minutes at 400°F.

Remove them and add six oysters and the jumbo lump crab meat and 6 oysters to each serving and bake for an additional 2 minutes. Top with chopped fresh green onions and serve with rice.