



Crispy Redfish with Corn and Pepper Maque Choux

Prep Time: 15-30 minutes Calories Per Serving: 660
Cook Time: 10-20 minutes Serves: 2 people

Maque choux is a French creole dish native to Louisiana-- and a perfect use for summer corn. Simmered in butter with red bell pepper, thyme, red onion, and a hint of cream, the corn is the perfect texture contrast for crunchy cornmeal and cayenne-crustred redfish.

USDA recommends cooking fish to 145° F.



1. Prepare Ingredients

Shuck **corn** husks and silk and slice kernels off cob into a medium bowl. Rinse **bell pepper**, halve lengthwise, and discard seeds. Cut into ½-inch pieces. Peel **onion** and mince ½. Strip **thyme** leaves, discarding stems. Pick **basil** leaves, discarding stems. Rinse **scallion**, trim and discard root, and thinly slice white and light green parts, discarding dark greens. Save remaining onion for another recipe.



4. Dredge Redfish

While maque choux simmers, rinse **redfish** and pat dry with paper towel. On a large plate, mix together **cornmeal**, as much **cayenne pepper** as desired, and a **generous pinch salt**. Season **redfish** on both sides with **salt** and **black pepper**, then dredge in cornmeal mixture to coat all over, shaking off any excess.



2. Sauté Corn and Pepper

Heat **butter** and **1 teaspoon olive oil** in a large pan over medium heat. When butter is foamy, add **onion** and cook until soft and translucent, about 3 minutes. Add **corn** and **bell pepper**, season with **salt** and **black pepper**, and cook until softening, about 2 minutes.



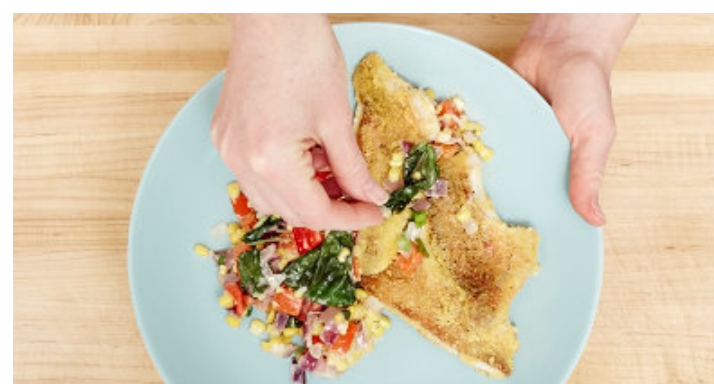
5. Cook Redfish

Wipe pan from maque choux clean and add **2 tablespoons olive oil** over medium heat. When oil is shimmering, add **redfish** and cook until crispy and just golden, 2-3 minutes per side. Remove and transfer to a paper towel-lined plate to drain.






3. Simmer Maque Choux

Add **cream** and **thyme** to pan with vegetables and stir to combine. Simmer until thickened, about 3 minutes. Taste and add **salt** and **black pepper** as needed. Transfer to a plate and cover with foil to keep warm.



6. Plate Redfish

Stir **basil** and ½ of **scallion** into **maque choux**. Divide evenly between 2 plates. Top with **redfish**, then garnish with **remaining scallion**. Serve hot.

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Ω- RECIPE TIPS

Be sure to read through the entire recipe before you begin cooking. Trust us-- you'll be glad you did!

Patting the fish as dry as possible before dredging will help the coating adhere.

Φ- INGREDIENTS

- 1 ear corn
- 1 red bell pepper
- 1 red onion
- 2 sprigs thyme
- ½ bunch basil
- 1 scallion, divided
- 1 packet butter
- 2 tablespoons heavy cream
- 12 ounces Acadian redfish
- ½ cup cornmeal
- ½ teaspoon cayenne pepper (optional)

Ψ- YOU'LL NEED

- large pan
- aluminum foil
- 2 tablespoons + 1 teaspoon olive oil
- kosher salt
- black pepper

Questions or comments? Please email help@plated.com or call 855-525-2399.