

Louisiana Seafood Can Be A Tasty Catch For Home Cooks

(NAPSA)—Those who enjoy exceptional seafood know that Louisiana has some of the best available. Known to be an inspiration for home cooks and restaurant chefs alike, the seafood from this region is as varied as it is tasty and plentiful.

Whether you are looking for cobia or crab, crawfish or pompano, shrimp or Gulf oysters—or a little bit of everything—chances are it has been harvested in Louisiana.

Recently, 12 of the state's most talented chefs created their best culinary delights featuring the main ingredient, Louisiana seafood, as part of the Louisiana Seafood Cook-Off. Chef Brian Landry of Galatoire's in New Orleans and Galatoire's Bistro in Baton Rouge won with Sautéed Cobia with Louisiana Crab Butter.

"I took a very simple approach," said Landry. "When you get access to great seafood like we do, you don't have to do much to make it delicious."

The event was sponsored by the Louisiana Seafood Promotion and Marketing Board. Here's the winning recipe:

Sautéed Cobia with Louisiana Crab Butter (Makes 6-8 servings)

Louisiana Crab Butter

- 5 small Louisiana blue crabs
- 2 lbs. unsalted butter
- ½ tsp. paprika
- ¼ tsp. white pepper or dash of cayenne
- ½ tsp. salt
- ¼ tsp. turmeric
- 3 sticks unsalted butter, cut into small pieces
- 1 shallot, minced
- 1 cup vermouth

Place crabs in an 8-qt. (non-reactive) saucepan. With a food mallet or potato masher, break up shells as well as possible. Add the 2 lbs. butter and seasonings and place on a very low



This delicious dish was inspired by Louisiana seafood.

heat. Barely simmer the shells 30-40 minutes, continuing to crush shells more to release all crab flavor. Turn off heat; allow crab butter to set for 10 minutes. Strain through a very fine strainer or chinois into a stainless bowl. Place stainless bowl with butter over a large bowl filled with ice water. Whisk butter until it starts to solidify and becomes firm but not too tight. Place butter into a food processor with an additional 3 sticks butter. Blend well.

Heat shallot in vermouth in a 2-qt. saucepan. Allow to simmer until liquid is almost dry. Over medium-high heat, whisk in crab butter one tablespoon at a time until it's all incorporated. Strain through fine strainer or chinois. Keep in a warm place.

Jumbo Lump Crabmeat mixture

- 1 lb. Louisiana jumbo lump crabmeat
- 2 Tbsp. unsalted butter
- 1 Tbsp. fresh tarragon, chopped
- Salt and pepper, to taste

In a sauté pan, heat butter in about 1 cup of water. Add crabmeat and simmer until

warmed through. Add tarragon, salt and pepper.

Sautéed Cobia

- 8 portions (6-7 oz. each) cobia (lemon fish) or pompano
- 2 cups all-purpose flour
- 2 cups unsalted butter
- Salt and fresh ground pepper, to taste

Season fish with salt and pepper and dust with flour. In large sauté pan melt butter; sauté over medium-high heat for four to five minutes per side, until golden brown crust is formed.

Serving Idea: Toss fingerling potatoes with caramelized fennel. Place in center of a large shallow bowl. Top with sautéed zucchini, yellow squash and carrot rounds. Place cobia over potatoes. Next, top with 2 oz. jumbo lump crabmeat mixture. Spoon crab butter around the fish so that it pools at the bottom of bowl.

For directions on preparing the vegetables in this recipe and for more recipes, visit www.LouisianaSeafood.com/CookOff.