



Bronzed Grouper with Lobster Sauce



Ingredients, Grouper:

- ½ cup extra-virgin olive oil
- 4 each 6 - 8 ounce filets of fresh black grouper
- 2 tablespoons blackened/Cajun seasoning spice
- 1 tablespoon fresh lemon juice

Ingredients, Lobster Sauce:

- 2 ounces butter or margarine
- ½ medium-size yellow onion, finely diced
- ½ red or green bell pepper, finely diced
- 1 green onion or scallion, finely chopped
- 2 tablespoons fresh chopped parsley
- 1 teaspoons minced raw garlic
- 3 ounces chopped Langostino lobster-tail meat
- ⅓ cup white wine
- 2 teaspoons lemon juice
- ⅓ cup heavy cream or half and half
- 1 tablespoon lobster base

Ingredients, Paul Prudhomme's Spice Mixture:

- 1 tablespoon sweet paprika
- 2 ½ teaspoons salt
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon ground red pepper (cayenne)
- ¾ teaspoon freshly ground white pepper
- ¾ teaspoon fresh ground black pepper
- ½ teaspoon dried thyme leaves
- ½ teaspoon dried oregano leaves

Method for Paul Prudhomme's Spice Mixture:

1. Mix all ingredients well.
2. This seasoning is fantastic when used on not only fish, but chicken and steak as well.
3. Dip the meats in melted butter and then into this mix before cooking.



Method, Grouper:

1. Heat oil in large skillet.
2. On a separate plate, roll fish filets in Cajun spice.
3. Place fish into hot skillet until they turn a nice, golden color.
4. Remove fish from oil and squeeze lemon juice onto fish.

Method, Lobster Sauce:

1. In medium saucepan, melt butter.
2. Add onion, bell pepper, scallion, parsley, and garlic. Caramelize until tender.
3. Add lobster meat, wine, lemon juice and cream. Reduce slightly and fold in lobster base.
4. Mix well. Reduce to low heat.
5. Pour lobster sauce generously onto grouper filets.