

# Chef John Besh's Crispy Seared Red Snapper With a Light Tomato Sauce

*Makes 6 servings*

## Ingredients

6 skin-on, scaled red snapper fillets, each about 6 ounces  
Olive oil  
Salt  
Freshly ground black pepper  
1 12-ounce can diced tomatoes  
1 teaspoon minced garlic  
1 teaspoon crushed red pepper flakes  
2/3 cup white wine  
1/2 cup cream  
4 tablespoons butter  
1/2 teaspoon pimentón (Spanish paprika)  
Leaves from 1 sprig fresh thyme

## Technique

Adjust an oven rack to the center position and preheat the oven to 400 degrees. With a sharp knife, score the fleshy side of each fillet a few times.

Heat a large, heavy skillet over medium-high heat, then coat the pan with a thin film of olive oil. Pat the fillets dry with a paper towel and season with salt and pepper. Place the fish pieces in the pan, skin side down, and sear until the flesh begins to turn opaque, about 5 minutes.

Place the fillets, skin side up, on a lightly oiled baking sheet and slide into the oven. Bake for 5 minutes while you make the tomato sauce.

In the same skillet in which you cooked the fish, add the tomatoes, garlic, and red pepper flakes. Stir for a minute over medium heat, then pour in the white wine. Cook for another minute, stir in the cream, and reduce the liquid by half. Add the butter, pimentón, and thyme. Season with salt and pepper. Remove the fillets from the oven to individual plates, and top with the sauce to serve.



## Chef John Besh

John Besh has set the benchmark for fine dining in New Orleans with nine restaurants (August, Besh Steak, Lüke, Lüke San Antonio, La Provence, American Sector, Soda Shop, Domenica, and Borgne). Chef Besh's talent and drive have earned him kudos from Food & Wine as one of the Top 10 Best New Chefs in America, and he received the James Beard Award for Best Chef of the Southeast in 2006. Besh has also written two cookbooks, *My New Orleans* and *My Family Table*.



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## Red Snapper From The Gulf of Mexico: SHOWING PROMISE



Carol and Bob Cox

**Red snapper** is renowned from coast to coast for its sweet mild flavor and lean texture. Unfortunately, decades of overfishing took a heavy toll on this fish, leaving populations depleted from the South Atlantic to the Gulf of Mexico. In 2007, new red snapper conservation and management measures were implemented in the Gulf, including science-based annual catch limits, as a result of the Magnuson-Stevens Fishery Conservation and Management Act. Overfishing on red snapper probably stopped in 2009 in the Gulf of Mexico, and studies indicate that the fish have increased in size, abundance, and geographic range, enabling managers to increase the quota for 2012. If managers stick to the rebuilding plan, fishermen in the Gulf will continue to be able to sustainably catch more red snapper, and the fish will provide a growing source of jobs, income, and great seafood.

Source: [www.fishwatch.gov](http://www.fishwatch.gov)



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[www.PewEnvironment.org/usfish](http://www.PewEnvironment.org/usfish)