



THE UNIVERSITY of
NEW ORLEANS

ALUMNI ASSOCIATION

From the kitchen of

Chef Mark Springfloat

Instructor, The Lester E. Kabacoff School
of Hotel, Restaurant, and Tourism Administration



Chef Mark's Blackened Fish *with Crawfish Corn Maque Choux & Beurre Blanc*

Serves 4

CRAWFISH CORN MAQUE CHOUX ~

2 TBSP Unsalted butter	1/2 to 1 cup heavy cream
4 cups fresh corn cut off the cobb (approx. 5 ears, uncooked)	1 pound Louisiana crawfish tails
1 cup diced yellow onion	Salt, pepper, and creole seasoning to taste
1/2 red bell pepper, diced	Green onion for garnish
1/2 green bell pepper, diced	Optional: Creole seasoning, minced jalapeno

- Melt butter over medium-high heat.
- Sauté onions for about two (2) minutes. Add bell peppers and corn.
- Season with salt & pepper, stir and cook for about 10 minutes.
- Once corn has softened, add cream.
- Cook for about two (2) minutes to thicken.
- Add crawfish tails until they're heated through.
- Garnish with green onion.

BLACKENED FISH ~

4 fish filets, 6-8 ounces each (redfish, drum, or mahi-mahi recommended)
Paul Prudhomme Blackened Redfish Magic Seasoning
Melted butter

- Heat a heavy gauged skillet (preferably cast iron) on high heat until very hot.
- Dip the fish in melted butter, then dredge in seasoning.
- Carefully place fish in skillet and sear until blackened (approximately 2 minutes).
- Turn fish over and repeat.
- Thicker pieces can be finished in the oven.
- Serve fish on top of the maque choux.

~ Continued ~





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BEURRE BLANC (optional sauce) ~

1/2 cup white wine
1/4 cup rice win vinegar
1 tablespoon chopped shallots
1 teaspoon heavy cream
1/2 pound cold, unsalted butter, cut into 1/2 TBSP pieces
1 lemon

- Add shallots, wine, and vinegar to a heavy-bottom saucepan and reduce over medium heat until almost all liquid has evaporated.
- Add cream and reduce slightly.
- Slowly add cold butter 1/2 TBSP at a time on low heat, stir constantly until each butter pat has emulsified into the sauce.
- Shut off heat, strain, and serve.

~ TIPS ~

- For Maque Choux, cut corn off cob raw, as close to cob as possible. Separate kernels by hand.
- Doing all knife work (chopping) in advance will save time when you begin cooking the dishes.
- If using sauce, drizzle sparingly over fish.

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