

# Sea Creature Fishing Charters

Capt. Clark Trosclair

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## **Fish Boulettes (Fish Balls)**

This recipe can be made with 1 bullred; or 5 pounds of drum or any other fish you like.

1 Bullred	Flour for dusting the fish balls (patties)
1 Medium bell pepper	1/8 Cup vegetable oil
1 Medium onion	1/2 Can of chicken stock
2 Stalks of celery	
3 Cloves of garlic	
1/4 Cup flour or 1/3 cup of bread crumbs	
2 Eggs	
Salt to taste	
Red pepper to taste	

Remove all of the blood line from the fish. Grind up the fish and vegetables, and then mix in all the other ingredients in the left column until well blended. Use a three ounce ice cream scoop to form fish mixture into balls. You can also use the mixture to form bun size patties. Dust the fish balls (patties) with flour and brown them in a small amount of oil in a very hot black iron pot. Deglaze the pot with the chicken stock, cover and steam about 15 to 20 minutes. Serve over rice.

This recipe freezes well.

5 Pounds of shrimp can be substituted for the fish to make shrimp boulettes.

## **Bronzed Fish**

Good for Snapper, Redfish, Puppy Drum...

Marinade:

1 tbsp. Cajun seasoning  
1 tsp. thyme  
1 tsp. basil  
1 tsp. parsley flakes  
1 tsp. oregano  
1 tbsp. Sriracha sauce  
3 tbsp. wine vinegar  
½ c. olive oil

Combine all the ingredients. Marinate the fish for 15 to 20 minutes. Heat 1 – 2 tbsp. butter in a skillet, add marinated fish and cook on high heat until the fish has bronzed and is flaky.

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## **Lemon Pepper Fish Fry**

2 c. corn flour or unseasoned fish fry

1 c. corn meal

½ c. cornstarch

3 tbsp. lemon pepper

Marinate the fish for 5 minutes in hot sauce. Coat the fish with the lemon pepper fish fry. Fry until golden brown.

## **Bacon Wrapped Grilled Cobia**

Cobia – cut into 1 ½ inch x 4 ½ inch strips

Cajun Seasoning

Hickory Bacon – thick sliced

Lightly season the fish strips with Cajun Seasoning. Wrap the fish with the thick cut hickory bacon. Grill on high heat until the bacon is seared on all sides. Remove from the heat and eat immediately.

## **Clark's Bronzed Trout**

Trout Filets

Cajun Seasoning

1 – 2 tbsp. Butter

½ c. orange juice

Lightly season the trout filets with Cajun Seasoning. Heat the butter in a skillet, add the seasoned trout filets, cook on high heat until bronzed. Add the orange juice and simmer until the liquid is reduced by half.