

# Beyond The Boat

## SEAFOOD PROCESSING DEMONSTRATION LAB



### Garfish Boulettes and Gravy

By Evelyn Gutierrez Watts

#### Ingredients

- 1 medium sized onion minced
- 2 bell pepper minced
- 4 stacks of celery minced
- 2 cloves garlic minced
- 1 tablespoon butter
- 2 lb. ground garfish
- 1 large egg
- 1 cup panko
- 1 cup of milk
- 1 tablespoon Worcestershire sauce
- kosher salt and fresh ground black pepper to taste
- Fish fry
- ½ cup light roux
- 3 sliced green onions
- Parsley coarsely chopped

#### Instructions

1. Melt butter in sauté pan over medium heat. Cook onion, bell pepper, and celery until fragrant and slightly brown while stirring occasionally, about 3-5 minutes. Reduce heat to low and add garlic, cook for 2-3 minutes. Remove from heat and set aside to cool.
2. In a large bowl, combine ground gar, egg, panko, milk, Worcestershire sauce, salt, black pepper, and half of the sauté veggies. Use your hands to mix well but try not to overwork the meat.
3. Form boulettes hand full size, coat with fish fry, and brown in sauté pan with little cooking oil.
4. Warm up second half of sauté veggies in a Dutch oven, add roux and dissolve with warm water.
5. Add garfish boulettes to the gravy, bring it up to a boil and immediately lower the heat to simmer for 30 min.
6. Add green onions and parsley, and let cook for an additional 10 min.

Serves 8, serve with white rice and veggies of choice.

