

“Cajun Sauce Piquante” Meal (Fish)

Submitted by Michelle Broussard-Hanes

This is my modern variation on a very old Cajun recipe which normally takes ALL DAY to cook. *Who has the time?* This tastes very similar to what my Grandmother used to prepare. “Sauce Piquante” is always served in the Winter.

Ingredients:

- 1 large Vidalia onion or 2 medium ones
- 6 cloves of garlic
- 2 tbs of Oil
- 1 tsp of dark brown sugar
- 1 jar Trader Joe’s low sodium Chipotle Salsa, as is
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- 1 can tomato sauce
- 5-7 tilapia filets (rinsed)
- 1 handful of very finely chopped FRESH parsley

**** Hot sauce for the table ****

Cooked Rice—enough for your family and leftovers

3 cans of LeSieur Petit Pois (drained) or Frozen tender green peas

Smart Balance Light w/ Flax (new)—it’s vegan and less expensive than Earth Balance (yippee!)

Directions:

Rinse the tilapia filets. Pat dry. Frappe’ one jar of Trader Joe’s Chipotle Salsa. Then, in a separate bowl—combine the two Salsas—the chunky one and the now smooth one. Blend well & set aside for few minutes. Use your largest skillet. Warm up the EVOO on a low flame/low heat setting and then toss in your onions. When the onions begin to look transparent, add the garlic and the tsp of brown sugar to encourage a gentle caramelization (this will balance out the taste of the sauce). Do NOT overcook the garlic. Transfer onions & garlic to your bowl of “red sauce” and blend well. Add a thin layer of your “red sauce” (the combination salsa) over the bottom of the skillet. Carefully place the tilapia filets on top of the red sauce. Now—cover the filets with the remaining red sauce. Ensure your flame/heat setting is low. Cover. Gently stir around the fish filets while they are cooking to ensure the red sauce does not burn. (If you stir too vigorously, the fish pieces will be too small). Cook until the filets are done. Turn off heat. Sprinkle top of “Sauce Piquante” with freshly chopped parsley (helps with digestion and adds a lovely freshness). Lightly mix into the casserole and gently cut the filets with a spatula such that they are at least a good 1 inch, at least. (You want a nice size bite of fish in comparison to the spicy sauce). Serve over rice. Add smart balance to your petit pois/green peas. (Sauce Piquante is always served with sweet green peas—it balances out the meal).

“Bon appetit, mes chere amis!” (“Enjoy! My dear friends!”)

“In the New Testament fasting is recommended as a means of preparing the mind and the heart for divine worship, for long prayer, for rising from the earthly, and for spiritualization”.
St. Nectarios of Aegina”