

# Chef Amy's Louisiana Seafood Couvillion (couvillion, court-bouillon, coobeyon)

2/3 cup flour -- all-purpose  
2/3 cup vegetable oil  
2 1/4 cups green onion -- thinly sliced, divided  
1 cup bell pepper -- chopped  
1 cup celery -- thinly sliced  
1 tsp garlic -- minced  
3 cups tomatoes -- diced  
4 oz green chilis -- diced  
3 tbs tomato paste  
1 qt stock, fish or shrimp  
1 tbsp Kosher salt  
1 tsp cayenne pepper  
2 1/2 lbs Louisiana seafood -- cut into 2" bites  
1/4 cup parsley -- minced for garnish  
6 cups cooked rice

In a large pot, whisk flour and oil over medium heat until the color of chocolate to make the roux.

Stir in 2 cups of green onions, bell pepper, celery and garlic.

Add tomatoes and green chilis, reduce heat and cook on medium heat for about 30 minutes.

Add fish stock, salt and cayenne, and allow to cook for about 1 hour until thickened.

Add fish, cover and cook for 15 minutes until the fish is flaky.

Stir in 1/4 cup of green onions and parsley. Serve over hot rice with French bread and hot sauce.



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