

# Poached Red Snapper

*Mr. Ernest Gueymard*

*River Road Recipes II (1976) - The Junion League, Baton Rouge, LA*

## **Servings: 6**

*2 small onions, quartered  
2 stalks celery, cut into several pieces  
1 lemon, quartered  
1 teaspoon red pepper  
4 (or more) tablespoons salt  
1 four-pound red snapper  
fresh parsley, finely minced  
tart homemade mayonnaise (be  
reckless with mustard and salt)  
paprika  
lemon wedges*

Place the onions, celery, lemon, red pepper and salt in water and boil for at least 15 minutes.

For poaching, preferably use a long, narrow aluminum fish poacher with an enclosed tray to raise the fish when cooked; otherwise, use cheesecloth. The water should barely cover the fish. Do not overcook.

If the fish is at room temperature, cook for around 20 minutes on medium heat. Then taste a small wedge (A look is not enough). The fish may require 5 more minutes of cooking. Then raise the fish on the tray and transfer to a board or flat dish. Cool.

Remove the skin, and with a spatula arrange the fish on individual plates or flat-bottomed shells in two- or three-inch pieces. Sprinkle with parsley, then place heaping tablespoons of mayonnaise on top. Dust with paprika and serve cold as a first course at a dinner party.

Serve with homemade Melba toast, using French bread and creamery butter with chilled white wine (Do not use Sauterne, which is too sweet.). A wedge of lemon on the plate completes the picture.

(This dish, typically French, serves eight if not used as a main course. If using as a main course, allow more fish.)

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Per Serving (excluding unknown items): 32 Calories; trace Fat (7.3% calories from fat); 4g Protein; 5g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 1443mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit.

Seafood

## Der Serving Nutritional Analysis

<b>Calories (kcal):</b>	32
<b>% Calories from Fat:</b>	7.3%
<b>% Calories from Carbohydrates:</b>	52.9%
<b>% Calories from Protein:</b>	39.8%
<b>Total Fat (g):</b>	trace
<b>Saturated Fat (g):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace
<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	5mg
<b>Carbohydrate (g):</b>	5g
<b>Dietary Fiber (g):</b>	1g
<b>Protein (g):</b>	4g
<b>Sodium (mg):</b>	1443mg
<b>Potassium (mg):</b>	170mg
<b>Calcium (mg):</b>	29mg
<b>Iron (mg):</b>	trace
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	10mg
<b>Vitamin A (i.u.):</b>	64IU
<b>Vitamin A (r.e.):</b>	9RE

<b>Vitamin B6 (mg):</b>	.1mg
<b>Vitamin B12 (mcg):</b>	.4mcg
<b>Thiamin B1 (mg):</b>	trace
<b>Riboflavin B2 (mg):</b>	trace
<b>Folacin (mcg):</b>	13mcg
<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	0.0%

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	1/2
<b>Vegetable:</b>	1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	0
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

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<b>Calories</b>	32	Calories from Fat: 2
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**% Daily Values\***

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	5mg	2%
<b>Sodium</b>	1443mg	60%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	1g	4%
<b>Protein</b>	4g	

<b>Vitamin A</b>	<b>1%</b>
<b>Vitamin C</b>	<b>16%</b>
<b>Calcium</b>	<b>3%</b>
<b>Iron</b>	<b>1%</b>

\* Percent Daily Values are based on a 2000 calorie diet.