

# Stuffed Red Snapper

*Mrs. Adrian de Montluzin*

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

## Servings: 6

*1 5- to 6-pound red snapper*  
*1 large onion, chopped*  
*1 cup celery, chopped*  
*butter*  
*1 cup cooked rice*  
*2 tablespoons parsley, minced*  
*8 tablespoons butter, melted*  
*2 tablespoons white wine*  
*salt (to taste)*  
*pepper (to taste)*  
*4 tablespoons water*  
*lemon slices (for garnish)*  
*parsley (for garnish)*  
**SAUCE**  
*juice of one-half lemon*  
*1 egg yolk*  
*salt (to taste)*  
*pepper (to taste)*  
*1/4 cup butter, melted*  
*1 tablespoon flour*  
*3/4 cup water*  
*juices from the baked fish*

When cleaning the fish, leave the head on.

Preheat the oven to 350 degrees.

In a skillet, saute' the onions and celery in butter. Add the rice. Add the celery, four tablespoons of butter and the wine. Add salt and pepper to taste.

Stuff the fish with the rice dressing, pinning the fish together with toothpicks. Place the fish in a baking dish. Pour the remaining melted butter over the fish. Add four tablespoons of water.

Bake for 30 minutes.

Increase the heat to 400 degrees. Bake for an additional 30 minutes, basting occasionally.

When the fish is done, remove from the dish to a serving platter. Garnish with lemon slices and parsley. Reserve the cooking juices.

Make the sauce: In a saucepan, combine the lemon juice, egg yolk, salt, pepper, melted butter and flour. Stir until a smooth paste is obtained. Add the juices drained from the red snapper. Simmer the mixture for 5 minutes, stirring constantly. Spoon over the fish.

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Per Serving (excluding unknown items): 286 Calories; 24g Fat (76.1% calories from fat); 5g Protein; 12g Carbohydrate; 1g Dietary Fiber; 103mg Cholesterol; 265mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 4 1/2 Fat.

Seafood

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	286	<b>Vitamin B6 (mg):</b>	.4mg
<b>% Calories from Fat:</b>	76.1%	<b>Vitamin B12 (mcg):</b>	.5mcg
<b>% Calories from Carbohydrates:</b>	17.0%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	7.0%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	24g	<b>Folacin (mcg):</b>	35mcg
<b>Saturated Fat (g):</b>	15g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	7g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	3
<b>Cholesterol (mg):</b>	103mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	12g		
<b>Dietary Fiber (g):</b>	1g		
<b>Protein (g):</b>	5g		
<b>Sodium (mg):</b>	265mg		
<b>Potassium (mg):</b>	180mg		
<b>Calcium (mg):</b>	33mg		
<b>Iron (mg):</b>	1mg		
<b>Zinc (mg):</b>	trace		
<b>Vitamin C (mg):</b>	4mg		
<b>Vitamin A (i.u.):</b>	1027IU		
<b>Vitamin A (r.e.):</b>	244RE		

## Food Exchanges

<b>Grain (Starch):</b>	1/2
<b>Lean Meat:</b>	1/2
<b>Vegetable:</b>	1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	4 1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 286 **Calories from Fat:** 218

		% Daily Values*
<b>Total Fat</b>	24g	37%
Saturated Fat	15g	73%
<b>Cholesterol</b>	103mg	34%
<b>Sodium</b>	265mg	11%
<b>Total Carbohydrates</b>	12g	4%
Dietary Fiber	1g	3%
<b>Protein</b>	5g	
<b>Vitamin A</b>		21%
<b>Vitamin C</b>		7%
<b>Calcium</b>		3%
<b>Iron</b>		3%

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