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## **Alligator Gar Ball Stew**

**Chef Jana Billiot**

**Chef John Folse Culinary Institute at Nicholls State University**

½ cup vegetable oil  
½ cup flour  
1 cup onion, small diced  
½ cup green bell pepper, small diced  
½ cup celery, small diced  
3 Tbsp garlic, finely chopped  
1 tsp thyme, finely chopped  
1 bay leaf  
2 quarts fish stock  
½ tsp cayenne pepper  
1½ tsp granulated garlic  
Hot sauce to taste  
Salt and black pepper  
½ pound picked crab claw meat  
1 Tbsp parsley, finely chopped  
¼ cup green onion, thinly sliced

To make the stew gravy, pour the vegetable oil into a medium-sized cast iron Dutch oven over medium high heat. When the oil is hot, quickly whisk in the flour. Continue whisking until a dark brown roux is achieved.

To the hot roux add the onion, bell pepper and celery to caramelize the vegetables and stop the roux from cooking. Add the garlic and herbs.

Whisk in the fish stock and bring to a boil. When the gravy begins to thicken, add the seasonings then fold in the gar balls.



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Reduce the heat and simmer uncovered for 30 to 45 minutes until the gravy is smooth and thick enough to coat the back of a spoon.

Adjust the seasoning to taste and add the crab meat. Bring the stew back up to a boil then turn off the heat. Stir in the parsley and green onions. Serve the stew with rice, pasta or mashed potatoes.

### ***Alligator Gar Balls***

2 lbs cleaned and trimmed garfish meat (remove any bloodline), cubed

1 large onion, large diced

2 bunches green onions, chopped

1 green bell pepper, large diced

2 stalks celery, rough chopped

¼ cup parsley, finely chopped

2 sleeves butter crackers or saltines (about 8 oz.)

6 eggs

1 Tbsp salt

½ Tbsp black pepper

1 tsp cayenne pepper

1 Tbsp granulated garlic

1 Tbsp granulated onion

Hot sauce to taste

4 to 8 ounces vegetable oil

In a grinder set on the smallest setting, grind the garfish with the onion, green onion, bell pepper and celery. Place the ground mixture in a bowl and fold in the parsley.

Chop the crackers in a food processor. In a bowl, thoroughly whisk the eggs.



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A bit at a time, stir the cracker crumbs and eggs into the ground garfish, using just enough ground crackers to bind the mixture (depending on the moisture, you may not need all of the crackers). If desired, fry a small amount of the mixture to taste and adjust seasoning.

Roll the garfish mixture into 1 ½ to 2 ounce meatballs. Pour vegetable oil into a large cast iron skillet, to about ¼ to ½ inch deep. Heat over medium high heat and shallow fry the garfish galls until evenly browned. Remove and drain on paper towels.

Makes 16 to 20 1½ - 2 oz. balls.