

CATFISH STEW

Last Modified: 12/06/2016

PREP: 1 Hr
COOK: 1 Hr
STOVETOP

F MEDIUM

SOUP-STEW

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Catfish Fillets (Boneless / Skinless)	1" Pieces
4	Slices	Smoked Bacon (Thin Cut)	1/4" Lardons
1	Large	Yellow Onion	Diced
1	Large	Carrot (Scrubbed)	Diced
3	Stalks	Celery	Diced
4	Cloves	Garlic	Minced
4	14 1/2 Oz	Cans Stewed Tomatoes (Hunts)	Crushed
1	Large	Red Colored Bell Pepper (Seeded)	1/4" Sticks
2	Tbsp	Worcestershire Sauce (Lea & Perrins)	
1	Tbsp	Smoked Paprika (Spice Islands)	
1/3	Tsp	Celery Seeds	
1	Whole	Bay Leaf	
1	Tsp	Granulated Sugar	
1	14.5 Oz	Can Seafood Stock (Swanson)	
OR			
1	14.5 Oz	Can Vegetable Stock (Swanson)	
1	Pound	Frozen Sweet Corn (Peaches & Cream Or Shoepeg)	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Black Pepper	To Taste

OPTIONAL INGREDIENTS

1	48 Oz	Jar Great Northern Beans (Randall)	
1 +/-	Tbsp	Sriracha Hot Chili Sauce (Huy Fong)	To Taste
3	Cups	Medium Grain White Rice (Nishiki)	1/2 Cup/Bowl
OR			
3	Cups	Medium Grain Brown Rice (Nishiki)	1/2 Cup/Bowl
OR			
3	Cups	Wild Rice (RiceSelect Royal Blend)	1/2 Cup/Bowl
1/4	Cup	Fresh Italian Parsley Leaves	Chopped

PREPARATION

FACTOID	A smoky warmth Stew with a wonderful full bodied flavor. Delicious! Easily alters into the fresh Catch Of The Day by substituting any firm white Fish that your Fish Monger happens to have in stock that day. Monkfish, Cod, Flounder, Halibut, Grouper, Tilapia,
TOOLS	1) Small Mixing Bowl 2) Potato Masher 3) Large Stock Pot & Lid

CATFISH STEW

PREP	<p>DISH</p> <ol style="list-style-type: none"> 1) Cut the Bacon into 1/4" Lardons and set it aside. 2) Mince the Garlic Cloves and set them aside. 3) Chop the Yellow Onion and add it on top of the Garlic. 4) Dice the Celery and add it on top of the Garlic. 5) Dice the Bell Peppers and add them on top of the Garlic. 5) Slice the Leeks whites and set them aside. 7) Chop the Potatoes (peeled or not) and set them aside in cold water. 8) Strip the Kernels from the Sweet Corn and set aside the Kernels and Cobs. 9) Chop the Clams as outlined in Step #2. 10) Chop the Parsley Leaves and set them aside.
1	<p>MIREPOIX: In a large Stock Pot over medium high heat, saute the Bacon Lardons until it's as crisp as you like it, about 5 minutes. Reduce the heat to medium, add in the Onions, Celery, Carrot, Garlic, Bell Pepper and Celery and Saute until the Onions are transparent and the Carrots are soft, do not allow them to brown.</p>
2	<p>TOMATOES: Meanwhile drain the Tomato Juices into the stock pot while stirring. Pour the Drained Tomatoes into a large mixing bowl and smash them with a potato masher. Stir the smashed Tomatoes into the stock pot.</p>
3	<p>SOUP: Stir in the Seafood Stock, Paprika, Worcestershire Sauce, Celery Seeds, Bay Leaf and Sugar. Bring it to a simmer and cook for 10 Minutes, stirring occasionally.</p>
7	<p>SOUP: Stir in the Great Northern Beans & Juice (if using), Corn and Catfish Pieces. Simmer uncovered until the Fish is flakey, about 15 minutes.</p>
8	<p>SOUP: Remove the Bay Leaf. Season the Soup to taste with Hot Sauce, Salt and</p>
SERVE	<p>Add 1/2 cup of cooked Rice in the bottom of a bowl, carefully ladle the hot Soup on top, sprinkle with a little chopped Parsley and serve with Crusty Bread.</p>