

Catfish Chowder

Recipe courtesy of Chef Tamie Cook

SERVES 4

I know, you're thinking, catfish in soup? I promise once you've tried this, you'll be a convert. It's light and refreshing, yet filling enough for a meal all on its own or with a simple salad.



INGREDIENTS

- 1 tablespoon olive oil
 - 1 small onion, finely diced
 - 1 stalk lemongrass, tough green part removed and finely minced
 - 1 tablespoon grated fresh ginger
 - ½ teaspoon sea salt, plus additional as desired
 - 2 cups vegetable broth, clam juice or fish stock
 - 1 large Yukon gold potato, cut into 1/2-inch pieces, about 1 cup
 - 1 small jalapeno, seeded and thinly sliced
 - ¼ cup freshly squeezed lime juice
 - ¼ cup fish sauce
 - 1 pound US Farm Raised catfish, cut into 1/2 pieces
 - 1 13.5 ounce can coconut milk
- Cilantro leaves for garnish, optional

DIRECTIONS

Place the olive oil in a small saucepan and set over medium heat. Once the oil shimmers, add the onion, lemongrass, ginger and salt. Cook, stirring frequently, until the onions are translucent, about 3 minutes. Add the broth, potatoes, jalapeno, lime juice, and fish sauce and bring to a simmer, about 5 minutes. Add the fish and coconut milk and cook until fish turns opaque and is just cooked through, 4 to 5 minutes. Serve garnished with fresh cilantro if desired.

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Miso-Glazed Catfish with Edamame and Spicy Winter Greens

Recipe courtesy of Chef Virginia Willis

SERVES 4



You might be thinking, "What on earth is miso doing in a Southern cookbook?" To that I say the South is a far less homogeneous place than it once was. And, when conceiving this recipe, all I could think about was the umami of the miso and how that would mimic the smoky salty flavors of Southern-style country ham. It's a perfect match. I've added shelled edamame for a great, fresh, and protein-packed bit of crunch.

INGREDIENTS

- 1 tablespoon canola oil, plus more for the baking dish
- 1 pound thin catfish fillets, or 4 (4-ounce) catfish fillets
- Freshly ground black pepper
- 4 tablespoons low-sodium miso paste
- 4 cups water
- 8 cups chopped winter greens, such as kale or collards (about 8 ounces)
- 2 cups shelled edamame, thawed if frozen
- 1 sweet onion, thinly sliced
- 1 jalapeño chile, sliced, or to taste
- ½ teaspoon red pepper flakes

DIRECTIONS

Preheat the oven to broil and position a rack about 5 inches from the heat. Brush a medium baking dish with oil.

Place the catfish in the greased baking dish. Heartily season the fillets with freshly ground black pepper. Using a spatula, thinly spread 1 tablespoon of the miso on the tops of the fillets. Set aside.

In a large saucepan over high heat, combine the remaining 3 tablespoons of miso with the 4 cups of water. Bring to a boil. Add the winter greens, edamame, onion, jalapeño and red pepper flakes. Season with freshly ground black pepper. Decrease heat to simmer. Cook until the vegetables are tender, about 10 minutes.

Place the miso-glazed catfish under the broiler. Cook until the fish is opaque and the miso is deep golden brown, 8 to 10 minutes, depending on the strength of your broiler.

To serve, spoon the vegetables in equal portions into warmed shallow bowls. Place a portion of catfish on top. Spoon over some of the miso broth used to cook the vegetables. Serve immediately.

Charred Squid and Sweet Potatoes with Napa Cabbage and Spicy Lime

Recipe courtesy of Chef Tamie Cook

SERVES 4 TO 6



I love squid! I love it fried, stuffed and most especially grilled. This recipe was inspired by my desire to have a delicious, one-dish meal. It has all the components I crave . . . the creamy sweetness of the potatoes, the crunch of the cabbage, the tang of the dressing and the spicy, char of the squid.

INGREDIENTS

SQUID:

- 1 pound cleaned squid tubes and tentacles
- 1 tablespoon olive oil
- 1 teaspoon Alchemy Spice Raging Monk Spicy Thai Blend
- 2 teaspoons Alchemy Spice Easy Goin' Spice Blend

DRESSING:

- 1 tablespoon minced shallot
- 2 teaspoons freshly grated ginger
- 1 garlic clove, minced
- 1 small Thai chili, seeds removed and minced
- Zest and juice from 1 lime
- 2 tablespoons olive oil
- 2 teaspoons fish sauce
- 2 teaspoons soy sauce
- 1 teaspoon honey
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

SWEET POTATOES:

- 1 large sweet potato, peeled and cut into 1/2-inch pieces
- 1 tablespoon olive oil
- ½ teaspoon salt

- 3 cups thinly sliced napa cabbage
- 1 avocado, peeled and sliced
- ⅓ cup loosely packed basil leaves
- ⅓ cup loosely packed cilantro leaves
- ⅓ cup loosely packed mint leaves
- ¼ cup finely chopped roasted peanuts

DIRECTIONS

FOR THE SQUID:

Place the squid, olive oil and spice blends into a zip-top bag and seal. Move squid around to evenly coat with marinade. Refrigerate for at least 30 minutes and up to 2 hours.

FOR THE SWEET POTATOES:

Heat oven to 425° F. Place the sweet potatoes in a mixing bowl, add the olive oil and salt and toss to combine. Spread evenly on a baking sheet and roast, tossing occasionally, until golden brown and tender, about 25 minutes. Set aside and keep warm.

FOR THE DRESSING:

Place all of the ingredients into a glass jar, seal and shake to combine. Set aside.

TO FINISH THE DISH:

Heat a grill pan or cast iron skillet over high heat for 5 minutes. (Turn on kitchen fan or venthood.) Add squid to the pan and cook for 1 minute, flip and cook for another minute or until well charred. Being careful not to overcook.

TO SERVE:

Place cabbage on a large platter. Layer basil, cilantro, mint, sweet potatoes, avocado and squid on top. Drizzle with dressing. Garnish with peanuts and serve immediately.

Mama's Crawfish Étouffée

Recipe courtesy of Chef Virginia Willis

SERVES 4 TO 6



A Cajun specialty, étouffée is a succulent, tangy, tomato sauce usually made with crawfish or shrimp. The word étouffée comes from the French étouffer (to smother), and that's it exactly: rich and tender crawfish tails smothered in a spicy blanket of flavorful sauce.

"First, you make a roux" is the start of many Creole and Cajun recipes (it's also the title of a popular cookbook from Louisiana published by the Lafayette Museum in the early 1960s). Roux is a cooked mixture of fat (butter) and starch (flour) used to thicken many sauces in classic French cooking. A Creole roux is not the classic French butter-flour mixture, but sometimes combines flour with an oil like peanut oil that can hold a high temperature. Unlike a French roux, which can be white to pale golden, Creole and Cajun roux are typically, at the very least, the color of peanut butter and progress to deep, dark brown. This process can take 45 minutes or so of constant stirring. It is dangerous stuff. If any splatters on you, it will be perfectly clear why this fiery, sticky combination of oil and flour is often referred to as "Cajun napalm!"

INGREDIENTS

- ½ cup (1 stick) unsalted butter, at room temperature
- ¼ cup all-purpose flour
- 1 onion, preferably Vidalia, chopped
- 2 stalks celery, chopped
- ½ green bell pepper, cored, seeded and chopped
- ¼ cup chopped fresh flat-leaf parsley
- 5 green onions, green part only, chopped
- 2 cloves garlic, very finely chopped
- 2 cups fish or shrimp stock (see below) or water
- 2 pounds crawfish tails, cooked
- Hot sauce, for seasoning
- Coarse salt and freshly ground black pepper

\$20,000 RICE PILAF FOR ACCOMPANIMENT

- 2 tablespoons unsalted butter
- 1 small shallot, chopped
- 2 cups long-grain white rice
- Coarse salt and freshly ground black pepper
- 3 cups chicken stock
- 2 tablespoons chopped fresh flat-leaf parsley

FISH STOCK AND SHRIMP STOCK

Seafood soup, stew, and gumbo all taste better when prepared with homemade stock as opposed to bottled clam juice, the favorite stand-in to freshly made stock. When you peel the shrimp, save the shells (heads also, if you are fortunate to have them), and rinse with cold running water. Place the shells in a pot and add enough water to cover. Add a few fresh bay leaves, sprigs of parsley and thyme, a quartered onion, chopped carrot and chopped celery, and bring to a boil. Decrease the heat to low and simmer until fragrant and flavorful, about 30 minutes. Strain the stock in a strainer layered with cheesecloth, discarding the solids. If I don't need to make shrimp stock every time I peel shrimp, I save the shells for later in a sealable plastic bag in the freezer. For fish stock, it's the same principle, but use bones instead of shells. Do not use oily or heavy fish such as mackerel, skate, mullet, or salmon; their flavor is too strong and heavy. Use approximately 4 pounds of fish bones to 10 cups of water to make 8 cups of stock.

DIRECTIONS

\$20,000 RICE PILAF

Preheat oven to 350. In a large, oven-proof saucepan, heat the butter over medium heat until foaming. Add the shallot and cook until clear and translucent, 2 to 3 minutes. Add rice and stir to combine. Cook, stirring constantly, until the rice is coated with butter and lightly toasted. Season with 1 teaspoon of salt and pepper to taste. Add the stock and stir to combine. Bring to a boil over medium high heat. Cover with a tight fitting lid and place in oven and cook until liquid is absorbed and rice is tender, 17 minutes. Remove from oven and let stand covered 5 minutes before serving. Add the parsley and fluff with a fork just before serving.

MAMA'S CRAWFISH ÉTOUFFÉE

In a heavy-bottomed pot or Dutch oven, melt the butter over medium heat. Add the flour, stirring slowly and constantly, and cook to a medium-brown roux, about 30 minutes.

Add the onion, celery, and bell pepper and cook, stirring constantly, until the vegetables are wilted and lightly golden, about 5 minutes. Add the parsley and green onion tops and stir to combine. Add the garlic and cook until fragrant, 45 to 60 seconds. Add the fish stock and stir to combine. Bring to a boil over high heat.

Decrease the heat to low, and simmer, stirring occasionally, until thickened and reduced, about 20 minutes. Add the crawfish and stir to combine. Cook until heated through, 5 to 7 minutes. Season with hot sauce. Taste and adjust for seasoning with salt and pepper. Serve with rice pilaf.