

Nino Salvaggio Marketplace Fishery Fresh Flavor Fillets™



Recipe and Cooking Directions for:

Cajun Marinated Catfish

This delicious Fresh Catfish Entrée is best prepared using a PAN SEARING or a **Modified PAN SEARING** method .

Pan Searing Method:

Pre-heat a non-stick (Teflon) sauté or frying pan to medium hot. Add **2 TBSP vegetable oil** to the pan. Remove product from container and gently remove all excessive marinade. Pat dry product with an absorbent paper towel if necessary and place in the sauté pan. Cooking time will vary depending on thickness and overall size. Season with salt and pepper before service.

Typically, a 3/4 to one inch Catfish fillet will require approximately 5 to 7 minutes on each side.

Modified Pan Searing Method: **FOR CREOLE STYLE CAJUN CATFISH**

Proceed with above directions for beginning this dish up to and including searing. **ONLY SEAR FISH FOR 2 MINUTES PER SIDE TO COLOR FILLET.** Remove fillet from pan and place in a shallow baking dish, leaving sauté oil and residue still in pan. Continue dish by adding to the sauté pan, **1/3 cup chopped onion & 1/2 tsp chopped fresh garlic.** Sauté 1 to 2 minutes on medium high heat, then add **1/3 cup small diced green pepper (other colors may be substituted),** sauté 1 to 2 minutes, then add **1/2 cup diced tomatoes with juice and a pinch of oregano.** Simmer on medium heat 5 minutes, season sauce with salt and pepper to taste and pour over Catfish fillet. Place dish with fillet and sauce in a pre-heated 400F oven for 12 to 15 minutes. Remove from the oven and serve.

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