



Catfish Etouffee

Savannah · 30/09/2024



Prep Time

1 hr

Dificult

Medium

Servings

8

Description

This will settle that Cajun craving My husband asks for this repeatedly He never gets tired of it

Ingredients

- - 1 cup enriched white rice - 2 cups water - 4 tablespoons brown roux - 1 cup chopped onion - ½ cup chopped green bell pepper - 1 teaspoon minced garlic - 2 cups beef broth - 1 pound tomatoes
- coarsely chopped - 1 tablespoon lemon juice - 1 tablespoon Worcestershire sauce - 1 bay leaf - 1 teaspoon ground black pepper - ¼ teaspoon dried thyme - 2 teaspoons salt - 2 pounds catfish fillets
- cut into 1 inch pieces - ¼ cup chopped fresh parsley - red pepper flakes (to taste)

Instructions

1. Combine rice and water in a small saucepan. Bring to a boil
2. reduce heat to low
3. and simmer for 15 to 20 minutes
4. or until done. In a large saucepan
5. warm roux over medium heat. Stir in onion
6. green bell pepper
7. and garlic; cook for about 5 minutes
8. or until soft. Stir in broth and tomatoes. Season with lemon juice
9. Worcestershire sauce
10. bay leaf
11. black pepper
12. thyme
13. and salt. Reduce heat to low
14. cover
15. and simmer for 30 minutes. Stir in catfish and parsley. Simmer
16. partially covered
17. for 10 minutes
18. or until fish flakes easily with a fork. Stir in 2 cups cooked white rice
19. and season with red pepper flakes. Serve.