

Crispy Catfish

with Sicilian Eggplant Caponata

Though we most readily associate catfish with the American South, they can be found throughout the world, including the Mediterranean. Here, we're serving up crispy, pan-fried catfish with a seasonal, Sicilian side. Caponata consists of eggplant, aromatics and other summer vegetables simmered with capers and vinegar, which balance the natural sweetness of the produce. We're also adding fresh marjoram, a citrusy herb in the oregano family, to complete the dish's flavor profile.



Ingredients

- 2 Catfish Fillets
- 3 Cloves Garlic
- 1 Eggplant
- 1 Red Bell Pepper
- 1 Red Onion
- 1 Bunch Marjoram

Knick Knacks

- 3 Tablespoons Rice Flour
- 2 Tablespoons Butter
- 2 Tablespoons Tomato Paste
- 2 Tablespoons Red Wine Vinegar
- 1 Tablespoon Capers

Makes 2 Servings

About 550 Calories Per Serving

Prep Time: 10 min | Cook Time: 35 to 45 min



1



Prepare the ingredients:

Wash and dry the fresh produce. Peel and thinly slice the garlic. Cut off and discard the eggplant stem; medium dice the eggplant. Cut out and discard the stem, ribs and seeds of the bell pepper; medium dice the bell pepper. Peel and medium dice the onion; separate the layers. Pick the marjoram leaves off the stems; discard the stems.

2



Brown the eggplant:

In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add **half the eggplant**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until lightly browned. Transfer to a large, paper towel-lined plate. Repeat with the **remaining eggplant**.

3



Start the caponata:

In the pan used to brown the eggplant, heat 2 teaspoons of olive oil on medium until hot. Add the **onion, garlic and bell pepper**; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until softened.

4



Finish the caponata:

Add the **tomato paste** to the pan of bell pepper and onion; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until the tomato paste is dark red. Add the **browned eggplant, capers, vinegar, half the marjoram and 1 cup of water**. Cook, stirring occasionally, 7 to 9 minutes, or until thickened. Season with salt and pepper to taste. Set aside in a warm place.

5



Cook the catfish:

While the caponata cooks, place the **rice flour** on a plate. Pat the **catfish fillets** dry with paper towels; season with salt and pepper on both sides. Coat both sides of each fillet in the rice flour, tapping off any excess. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the coated fillets and cook 3 to 4 minutes on the first side, or until golden brown. Flip the fillets and add the **butter**. Cook, occasionally tilting the pan and spooning the butter over the fillets, 3 to 4 minutes, or until cooked through. Remove from heat and immediately season with salt and pepper.

6



Plate your dish:

Divide the **cooked catfish fillets** between 2 plates. Top with the **finished caponata**. Garnish with the **remaining marjoram**. Enjoy!