

Blackened Catfish

with Veracruz Sauce

The Mexican state of Veracruz, which hugs the country's coast along the Gulf of Mexico, is known for a number of tempting seafood specialties. Tonight's dish is inspired by those zesty offerings. We're making a sauce brimming with the traditional flavors: tomatoes, garlic, olives and red pepper flakes (plus golden raisins for pleasant pops of sweetness). For extra heartiness, we're stirring potato right into our sauce, which we're serving with our take on "blackened" catfish—fillets rubbed with a bevy of Mexican spices, then pan-seared to deepen their flavors.

Blue Apron Wine Pairings

Clayhouse Malvasia Bianca, 2015

Blue Quail Riesling, 2015



Ingredients

- 2 Catfish Fillets
- 1 14-Ounce Can Whole Peeled Tomatoes
- 2 Cloves Garlic
- 2 Scallions
- 1 Stalk Celery
- 1 Yukon Gold Potato

Knick Knacks

- 3 Tablespoons Rice Flour
- 1 ½ Tablespoons Golden Raisins
- 1 Ounce Castelvetrano Olives
- ¼ Teaspoon Crushed Red Pepper Flakes
- 1 ½ Tablespoons Veracruz Spice Blend
(Smoked Paprika, Ground Oregano, Ground Coriander & Ground Cumin)

Makes: 2 servings

Prep Time: 15 minutes | **Cook Time:** 30–40 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Medium dice the potato. Cut off and discard the root ends of the scallions; thinly slice on an angle, separating the white bottoms and green tops. Small dice the celery. Peel and roughly chop the garlic. Using the flat side of your knife, smash the olives; remove and discard the pits. Roughly chop the olives. Roughly chop the raisins. Place the tomatoes in a bowl; gently break apart with your hands.

2



Cook the potato:

In a medium pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **potato** and season with salt and pepper. Cook, stirring occasionally, 13 to 15 minutes, or until golden brown and softened. Transfer to a plate and set aside in a warm place. Wipe out the pan.

3



Make the sauce:

While the potato cooks, in a medium pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **celery, garlic and white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened and fragrant. Add the **olives, raisins and as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring occasionally, 30 seconds to 1 minute, or until fragrant. Add the **tomatoes** and season with salt and pepper. Cook, stirring occasionally, 12 to 14 minutes, or until thickened and saucy. Turn off the heat and stir in the **cooked potato**. Season with salt and pepper to taste.

4



Coat the catfish:

Place the **flour** and **spice blend** on a plate; stir to combine. Pat the **catfish fillets** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat 1 side of each seasoned fillet in the flour-spice blend mixture. Transfer to a separate plate.

5



Cook the catfish:

In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **coated catfish fillets**, coated sides down, and cook 3 to 5 minutes on the first side, or until browned. Flip and cook 2 to 3 minutes, or until lightly browned and cooked through. Remove from heat.

6



Plate your dish:

Divide the **sauce** between 2 dishes. Top with the **cooked catfish fillets**. Garnish with the **green tops of the scallions**. Enjoy!