

Crispy Catfish & Cracked Freekeh

with Kumquat, Thai Basil & Chile Glaze

In America, catfish are most closely associated with the cuisine of the South, but they're actually found the world over. In this dish, we're taking cues from Southeast Asian cooking and coating the fish in an incredible, complex (but easy-to-make) glaze. You'll combine sweet, tart kumquats (which are native to the Asia-Pacific region) with aromatic Thai basil and bird's eye chile, a variety prized for its heat and fruity notes. Stewed with sugar and a little vinegar, these ingredients create a flavorful, concentrated topping for catfish.



Ingredients

- 2 Catfish Fillets
- ½ Cup Cracked Freekeh
- 3 Cloves Garlic
- 2 Ounces Kumquats
- 1 Bunch Collard Greens
- 1 Large Bunch Thai Basil

Knick Knacks

- 2 Tablespoons Sugar
- 2 Tablespoons Instant Flour
- 1 Bird's Eye Chile
- 1 Tablespoon Rice Vinegar

Makes 2 Servings

About 550 Calories Per Serving

Cooking Time: 15 to 25 minutes



1



Cook the freekeh:

Heat a medium pot of salted water to boiling on high. Once boiling, add the **freekeh** and cook 20 to 22 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

2



Prepare the ingredients:

While the freekeh cooks, wash and dry the fresh produce. Peel and thinly slice the garlic. Slice the kumquats into thin rounds. Remove and discard the collard green stems; roughly chop the leaves. Pick the basil off the stems; discard the stems. Remove the stem of the bird's eye chile. (For a spicier dish, halve the chile lengthwise to expose the seeds.) Immediately wash your hands and cutting board after handling the chile.

3



Cook the collard greens:

While the freekeh continues to cook, in a medium pan, heat 2 teaspoons of oil on medium-high until hot. Add the **garlic**; cook, stirring frequently, 1 to 2 minutes, or until fragrant. Add the **collard greens** and **2 tablespoons of water**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until wilted. Transfer to the pot of cooked freekeh. Wipe out the pan.

4



Cook the catfish:

While the freekeh continues to cook, pat the **catfish fillets** dry with paper towels; season with salt and pepper on both sides. Place the **flour** onto a large plate. Coat one side of each seasoned fillet in the flour, shaking off any excess. In the same pan used to cook the collard greens, heat a thin layer of oil on medium-high until hot. Add the fillets, coated side down first. Cook 2 to 3 minutes per side, or until golden brown and cooked through. Transfer to a paper towel-lined plate and set aside in a warm place. Carefully drain off and discard the oil, leaving any browned bits (or fond) in the pan.

5



Make the glaze:

While the freekeh continues to cook, heat the pan of reserved fond on medium until hot. Add **¼ cup of water**; stir in the **kumquats, bird's eye chile, sugar, vinegar** and **half the basil**. Cook, stirring occasionally, 3 to 5 minutes, or until thickened. Turn off the heat; remove and discard the chile. Season with salt and pepper to taste.

6



Finish the freekeh & plate your dish:

Add a drizzle of olive oil into the pot of cooked collard greens and freekeh; stir to combine and season with salt and pepper to taste. Divide the **finished freekeh** and **cooked catfish** between 2 plates. Top each fillet with a few spoonfuls of the **glaze**. Garnish with the **remaining basil**. Enjoy!