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Blackened Catfish Cakes with Creole Sauce

Serves 8

Ingredients:

1½ lb. Catfish
2 tsp Paul Prudhomme's Blackening Spices
2 tsp Old Bay
1 tsp onion powder
1 tsp garlic powder
½ tsp salt
½ tsp pepper
¼ cup Vidalia onion, chopped fine
¼ Cup Red Bell Peppers, diced
2 TBSP scallion greens, chopped
1¼ cup fresh white bread, ground in food processor with ¼ tsp salt and garlic powder
1 egg white (or egg substitute)
8 buns
2 large heirloom tomatoes

Creole Sauce:

½ cup celery, chopped
½ cup green bell peppers, chopped
1 cup onion, chopped,
4 garlic cloves, minced
½ cup tomatoes, diced
½ tsp Creole Seasoning
2 TBSP tomato paste

Preparation:

1. Rub the catfish with Prudhomme's seasoning, old bay, onion and garlic powder and salt and pepper.
2. Blacken fish in a hot skillet for about 8 minutes per side or until done. Do not wash the pan, as you will use it for the sauce. Cool fish.
3. Preheat the oven to 425° convection/bake. Oil a foil lined baking sheet.
4. Chop onion, pepper, and scallions and place in a bowl.
5. Flake cooled fish into the bowl. Add egg white and bind with crumbs, reserving some crumbs for coating.
6. Form into 1/3 cup patties, tightening them as you flatten. Dip in remaining crumb. Bake for 10 minutes on an oiled cookie sheet.
7. In the pan used for blackening the fish, sauté celery, green pepper, onion and garlic until tender. Add tomatoes and Creole seasoning. Simmer for 10 minutes. Add tomato paste to thicken. Puree slightly, leaving some chunks for texture.
8. Serve on toasted buns with sliced heirloom tomatoes.



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