

FRIED CATFISH WITH CRAWFISH CREAM SAUCE

Rich, creamy, and full of flavor.
The perfect comfort meal ready in no time!

DIRECTIONS:

1 START THE SAUCE

In a large skillet or saucepan over medium heat, melt the butter. Add the diced onion and red bell pepper and cook until softened, about 5 – 7 minutes.

2 ADD GARLIC & CRAWFISH

Stir in the minced garlic and cook briefly until fragrant. Add the crawfish tails and cook just until warmed through.

3 THICKEN THE BASE

Sprinkle in the flour or stir in the blond roux. Cook for 1 – 2 minutes, stirring constantly, to remove the raw flour taste.

4 BUILD CREAM SAUCE

Slowly add the heavy cream while stirring. Bring the sauce to a gentle simmer, then add chicken or seafood broth as needed to loosen the sauce to the desired consistency.

5 SEASON & FINISH

Stir in the Cajun seasoning, Old Bay seasoning, and hot sauce to taste. Simmer gently until the sauce is slightly thickened and well blended.

6 SERVE

Plate the crispy catfish and spoon the crawfish cream sauce over the top. Garnish with fresh chopped parsley or green onions and serve immediately.



INGREDIENTS:

- 4 tbsp unsalted butter **(417808)**
- 4 tbsp flour or a light blond roux **(134130)**
- 2 cups yellow onion, finely diced **(756106)**
- 2 cups red bell pepper, finely diced **(758490)**
- 6 garlic cloves, minced **(880880)**
- 1 pound peeled crawfish tail meat **(388066)**
- 8 cups heavy cream **(66225)**
- 4 tbsp Cajun seasoning **(901447)**
- 4 tbsp Old Bay seasoning **(557645)**
- Hot sauce to taste **(601898)**
- Fresh chopped parsley for garnish **(757500)**
- 4 Catfish Fillets **(379800)**
- 3 cups cornmeal breading **(134809)**