



# Catfish Clay Pot

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 2 tbsp sugar
- 1 tbsp sesame oil
- 3 garlic cloves crushed
- 3 tbsp fish sauce
- 12 oz of catfish (or any freshwater fish) fillet cut into 3" pieces
- 4 scallions cut into 1 inch pieces
- 2 heads of baby bok choy
- ground black pepper
- rough chop cilantro to garnish

## Instructions

In a clay pot or ceramic pot, mix sugar with 1 tbsp water over high heat to a light caramel color. Add oil and garlic. Let flavors infuse for a minute. Then add fish sauce and a 1/2 cup of hot water. Toss in catfish making sure each piece is submerged. Cover the pot and reduce heat to medium. Simmer for 5 minutes.

Open lid, place baby bok choy on top, close lid and turn heat back up to high for 5 minutes. Remove lid and place scallions on top. Let it cook this way for another 5 minutes to thicken sauce.

Serve with steamed rice or a french baguette. Garnish with cilantro.