Blackened Catfish with Crawfish Etouffee

NIBBLEDISH CONTRIBUTOR

Ingredients

Catfish:

- 4 to 8 catfish filets
- 8 tablespoons of melted butter
- your favourite blackened seasoning, to taste
- vegetable or grapeseed oil

Etouffee:

- 1 large onion, chopped
- 1 medium green bell pepper, chopped
- 1 stalk of celery, chopped
- 3 bay leaves
- 1/2 pound of butter
- 2 tablespoons flour
- 1 tablespoon tomato paste
- salt, black pepper, and cayenne to taste
- 1 to 1-1/2 cups of water
- 1 pound of crawfish tails
- 1/2 cup green onions, chopped

Instructions

Fish:

1. Dredge each filet in the melted butter and coat, to taste, with the blackened seasoning.

2. Oil a medium-sized, heavy skillet and place over medium heat. Brown each side for approximately 7 minutes.

Etouffee:

1. In a medium-sized, heavy pot, melt the butter over medium-high heat. Saute the onion, bell pepper, celery, and bay leaves until tender.
2. Add the flour and mix well. Cook for 5 minutes, stirring frequently.
3. Add the tomato paste, mix well. Add the salt, black pepper, cayenne, water, and crawfish tails. Reduce heat and simmer for approximately 10 minutes. Add the green onions.

To serve, ladle the etouffee over the catfish filets. Enjoy.