

Blackened Catfish with Sweet Potato Grits

Recipe courtesy of Executive Chef Johnnie Gale



INGREDIENTS

- 4 Louisiana Catfish Fillets (~ 1 ½ lbs)
- 4 tsp Blackening Seasoning
- 2 Tbsp oil
- 1 large sweet potato (~ ½ lb)
- 3 c unsalted chicken broth
- 1½ c heavy cream
- 1 c stone-ground white or yellow grits
- 4 Tbsp unsalted butter, plus more for serving
- ¼ c C'est Tout Dried Trinity Mix
- 1 c Smoked Gouda (Peace, Love, & Smoke)
- ½ tsp kosher salt, or to taste
- 1 tsp black pepper, divided

DIRECTIONS

1. Place a rack in middle of oven; preheat to 400°. Wrap sweet potato tightly in foil and bake on a small rimmed baking sheet until a knife slides very easily into flesh, 35-45 minutes. Let cool.
2. Bring broth and cream to a simmer in a large saucepan over medium heat.
3. Meanwhile, season catfish fillets with Blackening Seasoning and heat cast iron pan with 2 tbsp oil.
4. Whisk grits into broth mixture, making sure there are no clumps. Add C'est Tout. Cook, still over medium heat, whisking often, until thick and creamy but with a little bite, 25-30 minutes. Add butter and smoked Gouda.
5. Unwrap sweet potato and peel. Transfer flesh to a medium bowl and mash until creamy and smooth (you should have about 2 cups). Add to grits and blend. Season as needed.
6. Place Catfish in hot skillet for 2-3 minutes on each side until done.
7. Transfer grits to a large shallow bowl; top with a pat of butter and season with more pepper. Top with Blackened Catfish.



www.delcambremarket.org

HEALTHY SWAPS

- **Lower Fat:** Substitute non-stick cooking spray for oil. Use fat-free half and half, Reduce cheese by half. Use low-fat butter spread such as Smart Balance Light and reduce by half. 370 Calories. 12g Fat (3.5g Saturated fat, 70mg Cholesterol.) 390mg Sodium. 41g Carbohydrates (2g Fiber, 7g Total sugar.) 25g Protein.
- **Lower Carbohydrate:** Substitute 4 cups riced cauliflower for grits. 580 Calories. 44g Fat (23g Saturated fat, 165mg Cholesterol.) 450mg Sodium. 19g Carbohydrates (4g Fiber, 7g Total sugar.) 27g Protein. Further reductions in carbohydrates would change integrity of dish.
- **Lower Sodium:** Use salt substitute and reduce cheese by half 630 Calories. 43g Fat (22g Saturated fat, 155mg Cholesterol.) 290mg Sodium. 37g Carbohydrates (2g Fiber, 6g Total sugar.) 27g Protein.
- **Dairy-free:** Use dairy-free half and half, such as Califa Unsweetened Better Half. Substitute vegan butter spread and cheese.
- **Gluten-free:** Ensure Blackening seasoning and grits are gluten-free.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 servings per container	Serving size 1 fillet (305g)	Total Fat 45g	58%	Total Carbohydrate 37g	13%
		Saturated Fat 23g	115%	Dietary Fiber 2g	7%
Calories per serving	650	Trans Fat 0g		Total Sugars 6g	
		Cholesterol 165mg	55%	Includes 0g Added Sugars	0%
		Sodium 430mg	19%	Protein 27g	54%
		Vitamin D 1.2mcg	6%	Calcium 140mg	10%
		Potassium 510mg	10%	Iron 2mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.